



Cardio

Crafted to help you reach your health and fitness goals



Strength Training



Flexibility Training

## Strong and Fit

Move through a variety of exercises designed to enhance your daily living by increasing muscular strength, range of movement, and functional fitness. This includes floor work.

## Seated Cardio Abs

Don't like to hit the floor? This class is for you. Target your stabilizing muscles and burn some calories while you sculpt your abs, back, hips, and legs.

## Chair Yoga/ Seated Stretch and Sculpt

Want the benefits of Yoga in a seated class? Work through a series of yoga and yoga inspired movements to increase your flexibility or the combination of flexibility and strength.

## Equilibrium

Balance is the great equalizer! No one is exempt from balance problems. Equilibrium will take you through a series of achievable balance challenging movements to increase your stability. This is a barefoot or yoga sock class.

## Having a Ball

Aerobic and sculpting exercises performed on a stability ball, which emphasizes core and balance.

## HIIT Strong

Move through a variety of full-body exercises designed to increase muscular strength and agility in a High Intensity Interval Training class.

## Line Dancing

Dancing your way to fit! You don't have to wait for a wedding to do all your favorite line dances. Shed those extra pounds and improve your cardiovascular health while having fun!

## WOD

Workout of the Day (WOD) brings together the group setting with a set workout completed at your pace. Join your friends in a sweat fest to reach your strength and agility goals.

## Fiesta Friday

TGIF! Who wants to dance their way into the weekend? This high energy dance class sets the tone for your weekend while you sweat away those extra calories.

## Class Descriptions

### Tabata Boot Camp

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Boot Camp drills you love in timed intervals to increase your agility and conditioning. Join the group and sweat together in this challenging but rewarding class.

### Tai Chi Level 1 / Level 2

This class is an introduction to Tai Chi by way of the first half of Yang Style 24 forms. Emphasis is placed on how to move and enjoy the movements. Improve your balance and regulate the flow of energy in the meridians for the prevention of sickness and disease. It can have positive benefits on your immune system if practiced regularly.

### Functional Yoga

Self-massage with balls and movement patterns incorporating strength, balance, and mobility with breath awareness. Benefits include improved joint stability, an increased range of motion, enhanced motor control and a clearer state of mind.

### Silver Sneakers

The perfect combination of cardio with strength training. Get your heart pumping with your favorite cardio moves then pump those muscles with light weight training.

### Barre Fight

Channel your inner warrior and dancer all in the same class. In this Kickboxing / Barre fusion class reach your cardio and fat burning goals all while sculpting your muscles.

### Grit and Grace

The perfect marriage of strength, agility and active recovery through yoga-inspired movements and boot camp drills that you love. Get a little sweaty and flexible all at the same time.

### Exhale

Take a moment and exhale. Focus on pilates-style movements with extended stretching to enhance your core strength and flexibility.

### AXL and Iron

Hop in the saddle for this indoor cycling class. Challenge your endurance then sculpt your muscles in a fusion of cardio and strength training.

### Morning Wake up

Energize your morning with a combo of stretch with some light cardio and seated light weight training.