

Class Descriptions

<u>Yoga Level 1:</u> <i>All fitness levels</i>	A flowing series of stretching and strengthening poses designed to improve flexibility, balance, posture and mental clarity while releasing muscle tension and stress.
<u>Cardio Step:</u> <i>Intermediate</i>	Step training choreographed to upbeat music for a fun cardiovascular workout.
<u>Strength Conditioning:</u> <i>All fitness levels</i>	Major muscle group strengthening and toning class with emphasis on abdomen, hips, thighs and gluteals.
<u>Bosu:</u> <i>Intermediate /Advance</i>	Intergrated balance training improving the cardiovascular system, core muscle, strength and endurance. The ultimate calorie burner!!
<u>Cardio Circuit:</u> <i>All levels</i>	Mixed intervals of aerobic conditioning and muscle strengthening followed by 15 minutes of abdominal and stretching for a complete workout
<u>Fit and Firm</u> <i>All Level</i>	A free weight, endurance, and strength work out (Burn up to 500 calories per session!)
<u>Turbo Kick</u> <i>Intermediate</i>	New age kickboxing with a flare.
<u>Senior Class</u> <i>All levels</i>	Exercises for everyday living - Stretch/strengthen/balance (age 60+) seated and standing exercise
<u>Spinning</u> <i>All Levels</i>	Spinning is a high intensity cardio workout on a stationary bike (burn up to 750 calories per hour) <i>Please sign up 24hrs before class to reserve a bike for class. Included free to VIP member</i>
<u>Kickboxing</u> <i>All levels</i>	Cardio kickboxing with Earl Rosebrook- dynamic kicking, punching and bag work. (sign up needed)
<u>Sole Synthiesis</u> <i>All levels</i>	Blend of yoga, pilates, ballet, and balance all done "barefoot" if you choose
<u>Level 1 Balance Stretch</u> <i>All levels</i>	Get great balance and awesome posture as we all age!
<u>Low & loaded</u>	Cardio/strength class, small hand held weights used to increase intensity and improve strength
<u>Ask a Trainer</u>	Trainers will do equipment orientations during this time.
<u>Boot Camp</u>	Burn Baby Burn!! Drills, push ups , bag work, hardcore, go aerobic and anaerobic in a matter of seconds