

Class Descriptions

<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 Abdominal, hips , thighs and gluteals.
<u>Bosu:</u> <i>Intermediate /Advance</i>	Integrated balance training improving the cardiovascular system, core muscle, strength endurance. The ultimate calorie burner!!
<u>Triple Threat</u> <i>Inter. / advance</i>	A total body workout designed to increase overall fitness. Starting with jump rope moving to weights than core balance in a circuit style
<u>Fit and Firm</u> <i>Advanced Level</i>	Free weight, endurance, and strength workout (Burn up to 500 calories per session!)
<u>Senior Balance Stretch</u> <i>All levels</i>	Get great balance and awesome posture as we all age! EVERY ONE WELCOME
<u>Senior Class</u> <i>all levels</i>	Muscular strength and range of motion Safe and fun!
<u>Spinning</u> <i>Advanced Level</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 members</i>
<u>Kickboxing</u> <i>All levels</i>	Cardio kickboxing with Earl Rosebrooks- dynamic kicking, punching and bag work. (sign up needed)
<u>Strength Ride</u> <i>All levels</i>	Steady consistent pedaling at a higher resistance. This promotes muscular and cardio fitness. The Strength zone is 75-85% of your max heart rate
<u>Back to Basics</u> <i>All levels</i>	Using your own body weight as a strength routine
<u>Endurance Ride</u> <i>All levels</i>	Find a comfortable pace and hold it to increase aerobic fitness by maintaining a steady heart rate during this class. Your endurance zone is 65-75% of your max heart rate, the fuel of choice in this class is FAT
<u>Ask a Trainer</u>	Trainers will do equipment orientations during this time.

