



## Fitness Class Descriptions

### **Advanced Cross Training (NEW)**

This is a high intensity, demanding workout using heavy weights and plyometrics to achieve ultimate physical fitness.

### **Boot Camp**

This is an intense, military-style workout using both light and heavy weights. This class provides an awesome workout that “blasts” away unwanted calories!

### **Cardio Kickboxing**

This class combines boxing moves, punches, and kicks for fun that never stops. It provides an incredible cardio workout.

### **Cardio Salsa**

You will have a whole lot of fun and more dancing your way to better fitness.

### **Co-ed Cross Training**

This class is exciting; you will bike, use weights, and work your entire body.

### **Fitness Ball Workout**

This is an ab workout concentrating on the upper and lower body with the use of the fitness ball.

### **High/Low Interval Training**

This class involves both high and low interval training using weights.

### **Low Impact Aerobics**

This is a fun and safe workout for those who are just starting or getting back into exercising. This class is a gentle one with moves that are easy to learn and tons of fun!!!

### **Pilates**

This class will help create length, strength, and flexibility in the muscles using the core as the focal point.

### **Sculpting Aerobics**

This is a cardio conditioning class that involves interval training that focuses on the whole body.

### **Step and Lift**

This class includes the use of the “step” and some work with weights.

### **Step Plus and Step Plus with the Fitness Ball**

A “step” class combining the body bar and the Bosu. In “Step Plus with the Fitness Ball”, the fitness ball will be incorporated into the exercises.

### **X-Biking**

This class is a mountain biking simulation that gives you a total body workout.

### **Yoga**

This class is designed to increase strength and flexibility and promote relaxation and serenity.