

Absolute Abs- This class focuses mainly on your core muscles. (Abdominals and Back) In this 30 minute class you will utilize different types of equipment and your own body weight to rid yourself of those love handles.

Body Flex - This class uses a barbell system of weights that is easy to increase or decrease the load. Each muscle group is worked for 4 minutes to strengthen tone and define your muscles.

\*Cardio Tennis - Come to the Tennis Gallery for a great overall workout incorporating tennis and resistance training. You do not have to be tennis pro, or even own a tennis racket to enjoy this class!

**\*Prepay Class**

H2O - Spend 45 minutes without joint impact burning body fat, improving cardiovascular, balance, and core and strengthen your muscles. A mix of Kickboxing, Poolates, Noodle and Dumbbell work accents the class. *Great fun* and you leave feeling healthier than when you arrive - all fitness levels welcome!

Pilates - This 45 min class encompasses a combination of exercises that target the core muscles of the abdomen and back, as well as exercises working upper body and inner and outer thigh. You will receive an intense workout!

Power Play - A 60 minute class that uses athletic movements and ply metrics for cardiovascular conditioning, as well as weighted equipment and bands for muscular strength endurance.

Power Yoga - This is an intense class moving from one Yoga pose to the next. Focus on breathing and fluid movements. Helps with flexibility and balance. Everyone can work at their flexibility level. Last 5 minutes is relaxation.

Spin - A 45 or 60 min workout that uses stationary bikes to give the rider a more realistic feel of an outdoor bicycle. Classes are led by an instructor who guides the participants on "the ride".

Steel Works - Cardio conditioning and muscle toning all in one! This class begins in the Spin room where participants spin for 30 min. The second half of the class is held in the Aerobic Room where muscular conditioning takes place using weights.

Step - 60 mins of high intensity that challenges the major muscle groups of the lower body by using specific moves done on an adjustable platform. Abdominals are worked the last 15 min.

Step Xpress - No Time For Abs? Come for a quick and fun 45 min of straight-up step.

Step and Flex - Combine cardio training and toning all in one. The first 30 min of this class is high intensity step training, and the second 30 min uses our weight training system to tone muscles.

Tai Chi - A Chinese exercise system that uses slow, smooth body movement to achieve a state of relaxation of both body and mind.

\*SWAT - is a 10 Week course, meeting 6 days a week that combines Kickboxing, Resistance Training, Nutrition and Flexibility. Fitness assessments at weeks 1, 5 and 10, Before and After photo included. **\*PrePay Class**

Yoga - A 60 min class that combines poses with deep breathing and relaxation to help create a union of mind and body. The focus of this class is on balance, strength and flexibility

Morning Mix- is a variety of muscle work emphasizing both upper and lower body. The class will utilize many different types of equipment for the resistance work. The class changes weekly in order to rotate thru the different groups of muscles.

Butts & Guts-A half hour class focusing on sculpting and toning the abdominals working all parts of the abdominals the internal external oblique, rectus abdomens and transverse abdomens and also working the gluteus.