

**Barre** - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music.

**BodyPump** - The original barbell class set to music requiring no steps or dancing...just pure strength training to get the results you desire! The athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. Designed for all ages and fitness levels.

**Cardio Kick** - Cardio Kickboxing is an intense workout combining martial arts, boxing and cardiovascular movements set to music that gets you going and feeling great.

**Cycle** - "Let's ride"...You control the bike's resistance from slow hill climbs to sprinting speed work. Increase endurance, up your energy, burn major calories, and jump-start your metabolism. It's a cardio class without comparison!

**Cycle Circuit** - Best of both worlds; cycle and strength training.

**Cycle Express** - 45 minutes of cardio, calorie burning drills.

**Foam Rolling** - Using your own body weight and a foam roller, you will learn how to perform self-myofascial release, ironing out tight spots in your fascia to reduce pain, improve circulation, flexibility, posture and performance in your soft tissues.

**Get Pumped/Circuit Sport** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Pump it up!

**High Intensity Interval Training (HIIT) Kickboxing** - HIIT is an intense form of interval training which produces the most rapid and dramatic changes to your body and cardiovascular system. Combined with high energy & explosive kickboxing moves, this class will deliver rapid results while you burn massive calories.

**Low Impact** - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow low impact workout!

**Pilates** - Transform the way your body looks, feels and performs with a Pilates class. Pilates improves flexibility, agility and economy of motion. It builds strength without excess bulk, creating a sleek and toned body.

**Pilates Barre Fusion** - A fun, energetic, workout that fuses Pilates with Barre work for total-body conditioning, geared for all fitness levels. This Fusion style class will sculpt your body, focus your mind, add flexibility, balance, and improve overall fitness.

**Pound** - Pound is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

**S.A.S (Step, Abs, Sculpt)** - S.A.S. combines simple, heart-pumping step routines with sculpt training intervals & abdominal strengthening to give you a total body workout. This is an excellent cross-training class for all skill and fitness levels.

**SilverSneakers®** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work SilverSneakers equipment is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Super Sculpt** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Work hard and have fun.

**Yoga** - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life.

**Zumba®** - Ditch the workout and join the party! Class features exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and energy levels are soaring! It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party!