



## Class Descriptions

**Fit Camp:** A high-intensity, full body, butt kicking, workout that ensures results every time. You can think of this class as group personal training, building on the strengths and camaraderie of each member.

**Cycling:** Ride to the rhythm of powerful music. Take on the challenging terrain as your coach leads the pack through hills, flats, mountain peaks, time trails and interval training. Discover your athlete within and sweat and burn to reach your endorphin high.

**Cycling Cont...Strength:** Kick it up a notch for the next 30 minutes with a more high-intensity ride. Finish off the climb with some upper body arm strengthening to stay lean and toned.

**Zumba:** Dance fitness with a Latin flare! Move to the music for a total body workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave a class!

**Strength & Tone:** Supplement your regular exercise routine with full-body strengthening and toning! Enjoy a combination of low-impact, resistance training and stretching to great music.

**Hip Hop Cardio:** Dance fitness driven by high-intensity music that will leave you with a total-body burn. This class will combine easy to follow cardio dance moves that will get your heart rate up and help burn away the calories!

**Hip Hop Strength:** A continuation from hip hop cardio, adding in lower body and core strengthening! Keep moving to the upbeat music while toning your muscles using your own body weight and resistance bands.

**Oula:** A high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 Hits. 1-hour of sweat, joy and total inspiration!

**Yoga & Yoga Sculpt:** An aesthetic Hindu discipline involving controlled breathing, body positions, and meditation with the goal of attaining increased flexibility, strength and relaxation.

**Yoga Strength & Stretch:** A continuation from Yoga Sculpt, focusing on lengthening the muscles in the body to improve flexibility and strength.

**Core De Force:** A mixed martial arts-inspired workout that is a non-contact, high-energy, total-body sculpting class. Hard-hitting, high-energy music drives the motivation, but not the movement – participants move at their own pace which makes the class appropriate for seasoned athletes and beginners alike.

**Belly Dance Fitness:** Shake and shimmy your way to fitness! Learn the graceful and energetic movements of the world's oldest dance to build strength, increase flexibility, enhance coordination, and put some cardio into your day. No experience required. Open to all ages and abilities, all shapes and sizes. Bring an open mind and a determination to have fun!