

## **Class Descriptions**

All classes are 45 minutes long unless otherwise noted

**Zumba®**- Have fun and burn calories at the same time! This class features aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. This class is designed for inexperienced and experienced dancers.

**Cardio Kick**- This cardio workout combines the elements of boxing and kickboxing. Kicks and punches are arranged in sequences to create challenging and fun combinations.

**Yoga**- Practice the fundamentals of yoga as your focus on posture and form while enhancing relaxation and flexibility.

**Pilates**- Develop a stronger core with this challenging class. With modifications to all poses, this is the perfect class for all levels that are looking to increase flexibility, improve muscle symmetry, and create a tight, toned body.

**Aqua Circuit**- Get cardio and strength H2O style! Great as a cross training opportunity and for those who don't want full impact to the joints!

**Swim Lessons**- A basic instructional class for beginners.

**Ab Blast (30 minutes)**- Blast your core into shape using a variety of equipment... this is the ultimate core challenge.

**Total Tone**- This class uses a variety of equipment (dumbbells, physioballs, medicine balls, and bodyweight) to strengthen muscles from head to toe.

**Cycling**- Ride your way through a full 45 minutes of calorie burning! This class will give you the peaks and valleys needed for a great workout!