

**Age-Defy 5** - Using a series of poses and simple exercises while standing or sitting in a chair to improve our 5 domains of fitness: Posture, Strength, Balance, Flexibility, and Endurance. There will be no running, jumping, or getting onto the floor.

**Age-Defy 5 PLUS** - Will meet the same description of the "Age-Defy 5" original, however, this class will increase the intensity and challenge just a notch. It is for those who feel that they have advanced to the next level in their fitness

**Barre (Women Only)** - Utilize the ballet Barre, small isometric movements, and your own body weight, we will tone target areas that include abs, thighs, hips, seat, and arms. Build lean muscle without the bulk. This is not a dance class and no prior experience is needed.

**Beginner Cycle** - For the beginner that wants to remove the fear of attending a cycle class. You will be able to set your own intensity levels while you ride and have FUN! This will be a high-low interval workout that burns calories and increases YOUR comfort level.

**Beginner YOGA** - We will focus on the beginning foundational poses that will effectively work all parts of the body. If you have always wanted to try Yoga and think that you're not flexible enough than this class is for you! Bring your own mat or borrow one from us.

**BOOT Camp** - Great for beginner to expert. Every class is different and you will might use free weights, powerlift bars, bands, medicine balls, bosus, steps, bikes, kick & punch, calisthenics, plyometrics, basic P.E. drills, etc. You name it, we've tried it!

**Cardio & Core** - A mixture of running, biking, rowing, stairs, Tabata, and core work. A great addition to your regular Bootcamp Class experience.

**Circuit Challenge** - A fast-paced class in which you do one exercise for 30 secs. to 5 min. and then switch exercises. Classes will target strength building, muscular endurance, and aerobic activities. For all levels and challenging enough for guys and girls alike.

**Core & MORE** - Designed to whittle your middle, increase strength and definition in your abs, back, glutes, and more-it's a complete core workout experience!

**CORE Cycle** - Starting with a core blasting workout and finishing with a 30-minute intense power spin routine.

**Core on the Floor** - Focusing on the belly! We will warm up our bellies very simply before we begin to whittle our middle with a variety of exercises that will work the high belly, middle belly, low belly, side belly, muffin tops, and ending with some gentle restorative stretches. Most of the class will be on the mat. Cushions and support for our knees and lower back are available and ready for those that need them.

**CYCLE** - By varying your own pedal speed and resistance you will be led through a journey that will simulate everything from easy flat roads to climbing big hills. You will sprint for short periods and stand on the bike for climbing segments. For all levels.

**Fitness Fiesta (30 Minutes)** - Enjoy a fun 30-minute cardio workout that incorporates mambo and cha-cha steps, light weights, kick and punch, flexibility stretches, and nutritional tips that will develop toned muscle, increase endurance and improve overall health.

**Gentle Stretch** - Your instructor will guide you through a series of stretches, addressing any physical issues you might have. The class will include some beginner yoga and Pilates, which almost anyone can do. Your body will benefit from a full body stretch.

**H.I.I.T 30** - High Intensity Interval Training is a combination of weight training, body weight exercises, and cardio for a maximum calorie burn in just 30 minutes. For all levels of fitness with modifications available to maximize each participant's workout.

**Lift Like a Girl** - Say goodbye to little pink dumbbells and hello to kettlebells and barbells. This class will emphasize full body strength training using heavy weights. Cardio portions will also utilize heavy weights for conditioning. Leave your fear at the door.

**Low Impact Fitness** - This class is for the beginner level and persons desiring lower impact aerobics. It offers cardio plus resistance training using many different tools. You will move at a slower pace, while still being challenged.

**Pilates** - Emphasizes core training through a series of mat exercises on the floor that emphasize proper breathing techniques. Members gain increased flexibility and strength in abs, hips, and low back.

**Power of 3** - Come experience Cardio activities, High Intensity Interval Training (HIIT), and Sculpt. All with the goal to get your heart rate going and helping you burn a lot of calories. Get ready to work your hardest as we safely guide you on this journey.

**REFIT® (Women Only)** - All levels of fitness. This class will incorporate fitness and various dance styles together. REFIT® currently utilizes the format of "cardio-dance" to create community, build relationship, and improve one's health. No dance experience required.

**Simply STEP (30 Minutes)** - This cardio workout is great for beginners and those who want to get back into step. Adding a few light weights, this 30-minute workout will increase your endurance level and tone muscle. You "simply" must try it!

**Spin POWER Hour** - All fitness levels. The class will be spinning, strength training, and core work. We will do lots of different things to keep it interesting.

**Steppin' IT UP** - This full body workout utilizing body weight, step and free weights. Intervals of cardio, strength and stretching exercises will increase your heart rate, flexibility and tone muscle for a complete workout.

**Tai Chi** - Trained through the Arthritis Foundation our instructors lead this class through a series of soft flowing movements that help build connective tissue, improve circulation, balance and posture.

**Tone & Sculpt** - A high energy class utilizing weights and props to enhance muscular strength and endurance. We keep our heart rates up for a total body workout. We're always mixing it up and finding new ways to challenge ourselves! For all levels of fitness.

**YOGA** - Promotes flexibility, balance, proper alignment, strength and relaxation by coordinating breathing with movement through various poses. For all levels of fitness. Bring your own mat or we have one you can borrow.

**Yoga FLOW** - Unroll your yoga mat for an invigorating full-body flow where you'll explore the yoga postures and fundamental principles of Vinyasa yoga. This class is set to inspiring tunes, and is a foundation-building yoga class that will work every muscle through movement and breath at a moderate, but intuitive pace.