



GROUP FITNESS CLASS DESCRIPTIONS

BEGINNER LEVEL

BASIC YOGA: Designed to increase flexibility and range of motion, improve balance, ease stress, and enhance mind/body awareness using traditional yoga postures and breathing techniques. Discover why everyone loves yoga.

LOW TO GO: Low impact class with moves that are easy to follow. Includes weights, abdominal and stretching segments. Easy on the joints. Big on fun!

MULTI-LEVEL

TOTAL BODY SCUPLT: Brings the weight room into the aerobics room. Strengthen and tone muscles with various resistance equipment. One of our most popular classes.

TOTAL BODY SCUPLT 90: It's a 90 minute sculpt and define class plus cardio intervals.

TUMBLE CLINIC: A back-handspring clinic for your son or daughter, to perfect or "get" their back-handspring. Instructor Stephanie has trained at GTC, Olympia, and safety trained at CMU, with 14 years experience in the sport. Please pre-pay and register at the front desk. (Two age groups: 6-10 and 11-and-up.)

STEP AEROBICS: Intermediate step class with fun choreography for a great workout. Step in and check it out!

BUTTS & GUTS: No buts about it this class is abdominal and gluteal muscle work all wrapped up in a tight 30 minute package.

YIN YOGA: Yin Yoga is a deeply meditative practice in which the poses are held for 3-5 minutes. The postures are taught in an environment geared toward restoration, healing, and relaxation. This class is appropriate for all levels.

20/20/20: A combination of 20 minutes of floor aerobics, 20 minutes of strength training, and 20 minutes of core training with flexibility. It's a great total body workout.

GROUP CYCLE: A cycling class that will motivate and work you to a new fitness level. Maximum calorie burn!

CYCLE EXPRESS: Our same great cycle class in a 45 minute format. **Pre-registration required two hours prior to all cycle classes.**

ZUMBA: It's a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! You do not need to know how to dance! All fitness levels are welcomed. Let's Zumba Baby!!!

POWER YOGA : Class will be composed of rigorous cardiovascular exercises and yoga postures designed to build strength and flexibility, improves your ability to focus, release tension, increase stamina, tone your body and remove toxins through sweat. Great class for athletes. All fitness levels welcomed.

INTERMEDIATE-ADVANCED LEVEL

CIRCUIT SLAM: This class is the ultimate for cross-trainers. You will challenge your agility, speed, strength, and cardio endurance. Various individual and/or group stations will take your training to a new level.

TURBO-KICK: It's a combination of intense kick-boxing moves, as well as dance moves as perfectly choreographed to high energy music. The ultimate cardiovascular challenge class that's a unique blend of intense interval strength/endurance training and a relaxing cool down.

SPINERVAL: It's cross-training at its best. You'll get your heart pumping with cycling in studio two and you'll get strength and resistance training in studio one. The best of both worlds wrapped up in a 75 minute interval format.