

## Class Descriptions

- **Ab-Attack:** This half hour class will ATTACK the midsection, by recruiting the core muscles through strength and balance work, don't miss this class!
- **Beginner Cycle:** This introductory class will teach you the basics in cycling and prepare you to more of our cycle classes. Offered every Saturday at 10:45am.
- **Bosu Blast:** You will have a BLAST in this 30 min. cardio class!
- **Cardio Express:** 30 minutes of ALL CARDIO!
- **Cardio Craze:** 1 hour of straight cardio!
- **Circuit Training/Bootcamp:** This interval training class incorporates cardio and weights with various stations. It's a great class for all levels of ability.
- **Cycle:** You'll be sure to pedal away those calories with this 1 hour non-impact cardio class, perfect for the beginner and the outdoor rider! \* Be sure to sign up for this class in advance, space is limited and don't forget to bring your water bottle.
- **Cycle Boot-Camp:** Try this interval training class that incorporates strength work and cycle together for an incredible workout!
- **Cycle & Core:** 45 minutes of Cycle and 15 minutes of Core work.
- **Family Fitness:** For ages 5 and older. Each week the format of the class and the instructor will be different, check the calendar for formats. You can cross train as a family and have fun working out together!
- **F.I.T.:** Functional Integrated Training This strength class will train every muscle group in one hour by integrating multiple body parts at the same time. The functionality of this type of workout mirrors how we use our bodies in everyday life.
- **Fun Cycle:** Friday nights at 6pm come have fun and ride to these themed classes. The instructor picks the theme and you enjoy the ride.
- **Gentle Yoga:** New to Yoga? Try out this slower paced yoga that is easier on the body. For people of all ages, and fitness levels. Class is held in Multipurpose room just past the coffee machine.
- **Hip Hop Cardio:** Come try this fun cardio class. You'll have so much fun dancing, it won't even feel like a work out, but it will be. Fool your body into getting fit!
- **KickboxingExpress:** Try this fun, intense workout, loaded with kicks, punches and other sports drills to give you a great cardio workout in 45 minutes!
- **Legs and Abs:** This is a 30 minute express workout concentrating on the lower body and core.
- **Low Impact Power Hour:** This class will work the whole body with low impact cardio, weight training, core work and stretching. A perfect class for the first time exerciser or the mature member to stay fit forever!
- **Mat-Pilates:** A non-impact class that trains the body from the "power house," or core muscles. Through precise movements you will tone and elongate the muscles and utilize the stabilizers. All exercises are done on the mat; please bring your own mat to class.
- **MS Fit.:** Class introduces Middle School children to different group fitness formats. Each week the format and teacher is different.
- **Muscle Conditioning:** A strength training class designed for all levels, which improves the overall muscle condition and endurance. Pump it up!
- **Power Hour:** "I've got the Power," is what you'll be saying after consistent attendance. This athletic based class is designed to use your own strength in multi level training. It works the heart and the body so you have the POWER in 1 HOUR!
- **Step:** You'll be stepping in style with choreographed combinations to fabulous music in one of the most popular forms of fitness classes. See you on the step!
- **Track Out Fitness:** These classes are designed for Students in our Tracking Out program. Classes vary day to day.
- **Upper Body and Abs:** In 30 minutes you will train your chest, back, shoulders, arms and core. You can't beat that!
- **Yo-Cycle:** This class is a marriage of the cardio benefits of cycle and the stretching benefits of yoga into 1 hour class that leaves you feeling rejuvenated for the rest of the day!
- **Yoga:** This multi-leveled non-impact class incorporates the traditional breathing, postures and relaxation of this ancient practice. Bring your yoga mat and enjoy connecting the mind, body and spirit as one.
- **Zumba:** Want to "Dance like the Stars" and get a good workout at the same time? This is your class! No partner necessary. Ditch the workout and join the party!
- **Zumba Express:** All of the, above but in 45 minutes.