

BOSU: This class incorporates balance and body awareness into a cardio workout. Balance, controlled instability and proprioception (or body awareness) are introduced using the flat bottom 1/2 ball shaped tool. We learn how to manage our own body weight, our body's interaction with its surroundings and how to re-establish center-of gravity ending up with a stronger core and overall tone.

CALORIE KILLER: Cardio training and toning done in increments of 10 minutes; cardio 10 minutes then toning 10 minutes, ETC...

Cardio Blast: Cardio/floor aerobics with interval "blasts".

CARDIO MIX: High energy fun workout mixed up with a little step, a little aerobics, a little HI/Lo cardio intervals. Fitball or weights optional.

Cardio/Pilates: 30min of cardio and 30min of Pilates.

Circuit Training: 10 stations of toning with 1min cardio segments between each station.

Drums Alive: Combines traditional aerobics with drumming rhythms on your stability ball.

Fitball- 40 min toning and 20min of intense stretching.

Flirty Girl: A high energy, calorie busting dance workout comprised of dance moves made famous by movies, celebrities, music videos and more.

Happy Hour: We do whatever we feel like doing--that's why it's called 'Happy Hour'! Zumba: Are you ready to party yourself into shape? That's exactly what the

HABIT: Focusing on; Hips, Abs, Butts and Intense Thighs. Starting with 15min if cardio, 10 min abs, 10min arms, 10min butts and 10min of Intense Thighs.

Interval Step: Step, cardio intervals and toning intervals. Intervals are 1-3 min long.

Tempo Step: Tempo Step is an innovative class where the customary beat changes in progression with the workout. Sometimes quick, sometimes 'turbo,' but always manageable! Tempo Step requires very little previous step-class knowledge and incorporates simple, easy-to-follow footwork. The Original Artist music is specifically chosen by the instructor and 'themed' music classes feature everything from the 50's and 60's, through the 70's and 80's to the top hits of today! Real music...real fun.

Totally Toning: Is just that! Using hand weights, bands and whatever else is available to us, we'll work each body part for maximum sculpting. The cardiac toning comes from the heart pumping work you'll do!

Turbo Step: Fast passed step class. Advanced.

Kickboxing: Using traditional kickboxing moves, we improve our coordination, cardiovascular health and self-esteem in this class! No equipment needed, come for the fun, the strength and chance to burn off steam and a ton of calories.

Power Walking: Walking using light weights and upper body moves to increase heart rate.

Senior Fit: At an intensity level appropriate for you, we'll get our hearts pumping and muscles, as well. Taking into account your own personal needs, we'll modify exercises for each person present. Sometimes using the aerobic step, weights, slo-mo and fitballs, this class will change every time!

Step/Aerobics: 30 min of each.

Step/Pilates: 30min step/30min Pilates (core workout using your own body resistance).

STEP n KICK: Step moves and kickboxing moves combined. Highly intense and high calorie burning class.

Step and Tone: Use step aerobics to boost intensity and tone your lower body, add in some free weights, bands, slo-mo and/or fitball, and you have a full body workout experience in this class. Sometimes done interval style and sometimes half and half, you have to come to find out!

Zumba: Are you ready to party yourself into shape? It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

6 Pack Attack: This class we will be attacking your core, doing exercises that will focus on your abdominals, hips and lower back using weights, balls and your own body weight. With core exercise and some light cardio intervals you'll be sure to get that burn!

