

## CLASS DESCRIPTIONS

**30/30:** This one hour class consists of 30 minutes floor aerobics and 30 minutes sculpting and conditioning using various forms of resistance.

**30 MINUTE ABS:** Join our 30 minute abs class and create the flat and toned belly you always wanted! Exercises are targeted to strengthen your core area and lower back muscles. All fitness levels welcome!

**BODYSCULPTING:** This 60 minute class is devoted to sculpting each of the major muscle groups using various forms of resistance.

**STEP:** A 60 minute cardiovascular class using a step to give you a complete awesome choreographed.

**SUPER SPIN:** This super spin class will get the job done in only 30 minutes. Be prepared to sweat, each week will focus on a different class.  
(Ex. Speed, interval, endurance, climbs etc...)

**CIRCUIT:** Alternating circuits of weight training exercises and cardio exercises to build muscle, burn fat and blast calories! A total body workout!

**BUTTS N GUTTS:** Is designed to target your legs outer and inner thighs, glut muscles and abdominal area. This class is guaranteed to firm up your butts n guts.

**CORE- N- MORE:** A workout designed to target the inner core muscles which will help correct posture, balance and will give you an over all more stable core.

**HOT HULA:** A total body dance workout inspired by Pacific Islands' dances. (NOT with a hula hoop!)  
Hot Hula fitness increases strength and definition to your core with specific emphasis on the abs, glutes, quads and arms.

**KETTLE BELL:** Workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic total body movements.

**CARDIO BLAST:** An hour of cardiovascular training using a variety of different equipment each week.

**SCULPT- N- SPIN:** Like to spin but not for a full hour? Then this class is for you. We will spin for 30 minutes and sculpt for 30 minutes using body bars, weights and stability balls.

**SPINNING:** This high energetic workout is created to challenge both the beginner fitness enthusiast and the seasoned athlete. This class will get your heart pumping while building power endurance and muscle!

**SWEAT- N- BURN:** A 60 minute high energy aerobics class sure to make you sweat!

**YOGA:** This class is designed to build strength and flexibility as well as inspire peace and tranquility. Yoga class is a place to concentrate on you, relax, breathe and let go of tension.

**ZUMBA TONING:** This class takes the original dance/fitness class to an entirely different level. Zumba toning is a breakthrough muscle shaping system with the use of light weight toning sticks that you use like a set of maracas. The sticks weigh approximately 2 ½ lbs and are filled with same. In a very short period of time this workout will help you build coordination, muscular strength and reshape your body.