

All other classes are free with VIP, Elite and Deluxe memberships

~POUND and Zumba: \$3.00 Fee for members (Non-members \$6.00) ~

B~ Beginner Class

I~ Intermediate Class A ~ Advanced Class

DESCRIPTION OF CLASSES

BALL BLAST ~ (B/I/A)

~overall strengthening using the stability ball and/or medicine ball for balance, fitness and core strength

BOXERS BLAST~ (B/I/A)

~a sizzling workout with a mix of tae box moves, cardio drills, contact with bags and strength training for a perfect combination! No rhythm required, suitable for ANY gender! (Bring Gloves)

CARDIO FUSION ~ (B/I/A)

~this class is cardio based fusing sports conditioning, circuit training and strength moves together for a great mix!!

COREFIT MIX ~ (B/I/A)

~hardcore work utilizing therapy balls, medicine balls and/or mat work. It will burn the inner core!

CRUNCH TIME ~ (B/I/A)

~Nothin' but core work! 15 minutes devoted to flattening and sculpting the midsection. Hitting obliques, posture muscles of the mid and lower back, and of course that 6-pack!!

FULL BODY BLAST ~ (B/I/A)

~a full body blast of cardio step, strength, plyos, and Kickboxing ... all in one! (Bring gloves)

HATHA YOGA ~ (B/I/A)

~a mix of stretching, breathing, strength, holding poses and elongation exercises to improve flexibility and posture.

HIIT ~ (B/I/A)

~high intensity interval training utilizing kettlebells, cardio bursts and weights.

INTERVAL INFUSION ~ (B/I/A)

~this is a cardio based circuit training and strength class utilizing the step, weights, and resistance bands together for a great mix!!

POUND ~ (B/I/A)

~Sweat. Sculpt. Rock. The cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums!! (COST \$3.00 for members and \$6.00 for non-members)

PUMP ~ (B/I/A)

~an intense & FUN workout maximizing your muscle capacity... utilizing weights, bands, therapy balls, medicine balls and mat work... It will PUMP you up!!!

PUMP N RUN IT ~ (B/I/A)

~a mix of interval running, drills and speed, outside (weather permitting) following inside with core, strength and stretching.

PI-Yo ~ (B/I/A)

~a relaxation mix of Pilates moves, yoga poses and stretching to elongate your muscles and clear your mind

QUICK STEP ~ (I)

~1/2 Hour fun mix of step and lower body moves to get the heart pumping! Need to have some step background.

ULTIMATE FITnes ~ (B/I/A)

~combine full body resistance training & continuous cardio intervals & you get the athletic PERFORMANCE with a variety! (Easy to follow)

***ZUMBA ~ (B/I/A)**

~a fun and easy to follow Latin dance class. Let your body move to the music. Anyone can do it! It's the new CRAVE!!! (COST \$3.00 for members and \$6.00 for non-members)