

Description of Classes

- **HI/LO**---Get ready to FIRE off your morning. This is a HIGH ENERGY class, with low impact on your body. This class is designed to run 3 days a week for a well-rounded workout. Every day is a cardio day around here, but on Monday we will focus on getting our upper body strong. On Wednesday, we will do an all over body toning. And Friday it's all below the waist! Get fit fast.
- **SENIOR FIT**---We may be older, but were not dead! This program is designed for our mature population that want to continue and maintain an active lifestyle. Classes are a combination of cardiovascular fitness, weight training, and flexibility.
- **START OUT & STEP UP**---Time for a little less talk and a lot more action! If you have decided its time to get back to exercise, this is a great place to start out. The beat is slightly slower than our intermediate step classes but still gives a great cardiovascular fitness workout. If you are a little overweight, or just getting started back into a fitness regime, we will see you in this class.
- **INTERMEDIATE STEP**--- Kick the tempo up and add some combination moves. A challenging workout for all levels of cardiovascular fitness. We will show you the moves with modifications to tone it down or ways you can increase the move to take it to the peak.
- **WEIGHTED STEP** --- If your looking for a new challenge for your step work out, come with us! Slow down the beat and pump up the volume. We combine the basic step moves with light hand held weights to create a powerful workout. Cardiovascular fitness, with a great upper body toning.
- **ADVANCED STEP** ----Power it up! High intensity, low impact designed for individuals looking for that extra boost in their workouts. Challenging choreography for your mind combined with cardiovascular fitness for your heart.
- **CIRCUIT TRAINING**---Cross training in a class setting! An intense interval workout, combined with a cardiovascular fitness and muscle conditioning. If you are looking to get off that plateau this is the class for you.
- **MUSCLE CONDITIONING** ---One hour of pure pumping iron. This class is designed to build your muscles for endurance and strength. A well-rounded hour will hit both large and small muscle groups. Not meant to bulk you up, but keep your body toned up and tight.
- **CYCLING**---Let your mind take a break and your legs do the peddling. Great for cardiovascular conditioning and lower body muscle endurance. Everyone rides at their own pace as the instructors skillfully lead you through an invigorating and challenging terrain in your mind. This class is suited for any level of fitness.
- **BOOT CAMP**---Are you up for the challenge? This class is high intensity, high endurance. Strong cardiovascular stamina and muscle power.
- **GUT GUT** ----You asked for it...30 minutes of pure hard-core abdominal work. This class is designed to work your internal core muscles and strengthen your back. If you are looking for a flat stomach or that summer six-pack all year round, this is the place to be.
- **BOTTOMS UP** ----Say good-bye to saggy bottoms and flabby thighs. Give us 30 minutes and we will help you focus on strengthening your lower body.
- **BODY BALANCED** ----Time to round out your overall fitness program. This class is a combination of yoga, pilates, and mat science. Focusing on breathing and slow movement, allows for increased strength, flexibility and balance for the entire body.