

AB LAB – ALL ABDOMINALS! COME IN FOR AN INTENSE 15 MINUTE SESSION OF STRICTLY ABDOMINAL STRENGTHENING EXERCISES! MODIFICATIONS OFFERED. COME IN AND CHALLENGE THOSE ABDOMINALS IN THE “**AB LAB**”.

BODY BLAST – PERFECT FOR EVERYONE LOOKING TO INCREASE HIS/HER HEART RATE WHILE DECREASING BODY FAT! THE ULTIMATE IN CARDIOVASCULAR EXERCISE AND TONING IN ONE CLASS! CARDIO ARRANGED WITH INTERVALS OF STRENGTH TRAINING TARGETING SPECIFIC MUSCLE GROUPS MAKES THIS AN AWESOME OVERALL TOTAL BODY WORKOUT.

BOOTCAMP/ CARDIO BOOTCAMP CHALLENGE YOURSELF WITH THIS 1-HOUR CLASS THAT COMBINES STRENGTH /CARDIO DRILLS TO GIVE YOU THE ULTIMATE FAT-TEARING WORKOUT!!!!

CARDIO KICKBOXING- BEGINNERS WELCOME! COME CHECK OUT THIS HYBRID CLASS WHICH INCORPORATES KARATE, TAE BO, BOXING, AND KICKING TECHNIQUES. PERFECT FOR EVERYONE LOOKING TO INCREASE THEIR HEART RATE WHILE DECREASING BODY FAT!

CORE CONDITIONING/DOWN TO THE CORE- 30-MINUTE WORKOUT COMBINING ABDOMINAL AND LOWER BACK STRENGTHENING EXERCISES DESIGNED TO PROMOTE CORE STABILITY.

CYCLE TRAINING- A STATIONARY BIKE CLASS THAT WILL TAKE YOU ON A VIRTUAL RIDE. ALL LEVELS ARE WELCOME AND MOST DEFINITELY ENCOURAGED. PLEASE SIGN UP AT THE FRONT DESK AS BIKES ARE LIMITED !!! REMEMBER YOUR WATER BOTTLE AND TOWEL! ***CYCLE XPRESS** IS A 30-MINUTE CLASS.

PILATES MAT- TRADITIONAL PILATES ON THE MAT TO WORK YOUR CORE TO IT’S POTENTIAL. BEGINNERS WELCOME!!

PILATES W PROPS - STRETCH & STRENGTHEN YOUR MUSCLES WHILE IMPROVING FLEXIBILITY, BALANCE AND POSTURE IN THIS UNIQUE ONE-HOUR CLASS WHICH UTILIZES PROPS TO ENHANCE YOUR WORKOUT !!!

POWER YOGA- THIS 75 MINUTE CLASS IS DESIGNED FOR THE ADVANCED YOGA PARTICIPANT WHICH INCORPORATES MORE STRENUOUS POSES TO IMPROVE BALANCE, STRENGTH AND CONTROL. A POWERFUL RELAXATION SEGMENT CONCLUDED THE CLASS.

SCULPT & STRENGTH- CHALLENGE ALL MUSCLE GROUPS WITH THIS HOUR-LONG CLASS FOCUSING ON STRENGTH & CONDITIONING.

SMALL BALL PILATES CHECK OUT THIS CHALLENGING CLASS COMBINING CORE STRENGTH & BALANCE.. GUARANTEED TO JUMP START YOUR DAY !!!

STEP/STEP CHALLENGE- ALL STEP !!! (**STEP CHALLENGE MORE ADVANCED**)

STEP-N-TONE- COMBINES BASIC STEP WITH STRENGTH TRAINING TO ACHIEVE THE ULTIMATE FAT BURNING WORKOUT.

STRETCH- THIS HALF HOUR SESSION IS DESIGNED FOR FLEXIBILITY. IT IS HIGHLY RECOMMENDED FOR EVERYONE

TONE ZONE/TRIM-N-TONE-1/2 HOUR SEGMENTS FOCUSING ON STRENGTH TRAINING

TOTALLY CARDIO- IS JUST THAT! TOTAL CARDIO FROM START TO FINISH! ALL LEVELS OF FITNESS WELCOME.!

20/20/20 AND 20/20/10/10-THESE WORKOUTS COMBINE SEVERAL DIFFERENT COMPONENTS INTO ONE FULL-BODY WORKOUT.!!

VINYASA YOGA- END YOUR DAY WITH THIS AMAZING CLASS. ALL LEVELS OF FITNESS WELCOME AND ENCOURAGED TO TRY THIS GREAT WAY TO END THE DAY!

YOGA - TRADITIONAL ‘GENTLE’ YOGA CONCENTRATING ON CONNECTING MIND & BODY.