

### **15 Minute ABS**

This 15-minute session will have your abs screaming for mercy. Join us in the aerobics room to get those chiseled abs you've always wanted. **Beginner, Intermediate, Advanced.**

### **Body Works**

Condition muscles and gain cardiovascular endurance. This class incorporates weights and resistance bands. For the beginner to the advanced participant, this interval training will give you a complete body workout with optimum calorie burning. Class meets on the indoor track. **Beginner, Intermediate, Advanced.**

### **Slow Yoga**

This is a great starting point for members that are new to yoga or trying yoga for the first time. A great focus on alignment with detailed instruction. Members do not have to have knowledge of yoga terms to participate. **Beginner**

### **Cardio Blast**

A cardio and strength training class that focuses on both calorie crunching and muscle definition/ toning. Between sets of strength training, cardiovascular work is integrated to offer a total body-conditioning workout. **Intermediate, Advanced**

### **Flexi Groove**

Get a great workout in this **Low-Impact** class. Floor combinations to resistance exercises that will get you sweating and improve cardiovascular health. This class is geared toward members looking for light movement of joints and major muscle groups. **Beginner**

### **Mat Pilates**

This class is designed to strengthen the deep muscles of the "powerhouse" or center of the body. The exercises have a prescribed number of repetitions to improve flexibility, coordination, and balance, uniting body and mind.

### **Step Class**

Get a total body blow out while using a platform to intensify your workout. This class utilizes all muscle groups while your heart rate stays high. **Beginner, Intermediate, Advanced**

### **Strength Training**

This class is designed to strengthen all major muscle groups using free weights, weight bars and bands. So come join us and get that chiseled look you have been working for.

**Beginner, Intermediate, Advanced**

### **Surprise Every Time**

If you like cardio here is your chance to get a great cardiovascular workout without getting on a machine. This calorie burning cardio session will have your heart pumping with a different workout each time you show up. **Beginner, Intermediate, Advanced**

### **Tai Chi**

An ancient Chinese internal martial art and form of moving meditation benefiting the whole persona physically, emotionally, mentally, and spiritually. Its fluid, graceful, and grounding, movements help cultivate feelings of well-being, centeredness, serenity, and strength, Tai Chi is one of the leading techniques being used today to help reduce stress related imbalances, including high blood pressure, anxiety, headaches, and joint pain, and contributes to improved balance, agility, and bone mass. **Beginner, Intermediate, Advanced**

### **Total Performance**

This class is tailored to every fitness level. Body weight exercises, gymnastic balls, resistance bands, and aerobic bars are just some of the training tools used to challenge you while keeping the class fun and exciting. **Beginner, Intermediate, Advanced**

### **Ultimate Breaker**

Do you have 30 minutes? **Beginners** to **advanced** members are encouraged to participate. Increase balance, cardiovascular endurance, and core strength.

### **Yoga**

Bring rest and healing to both body and mind. Improve your health, posture, and attitude. Breathing and relaxing techniques also help relieve stress and improve mental focus. Improve circulatory system, glandular system, and respiratory system. Stabilize metabolism, reduce stress, exercises are done without force or strain. Breathing and relaxation techniques also help relieve stress and improve mental focus.

### **Yoga Flow**

Strengthen the mind/body connection by linking breath with a series of dynamic postures. Get a total body sculpt that will help you trim inches while improving your health, posture and attitude.

**Beginner/Intermediate and Advanced**

**All classes are 50 minutes in length with the exception of the 15-minute abs class.**