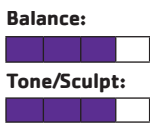


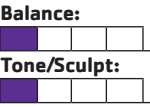
BARRE

This low-impact, high-intensity class pulls elements of ballet for a strength-focused workout.



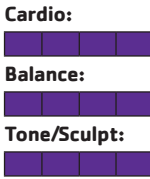
BODY IN BALANCE

This class will focus on exercises that promote stability and balance.



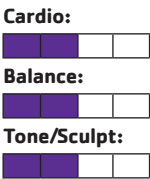
BOOT CAMP

This high-intensity class uses exercises and drills to push you to the next fitness level.



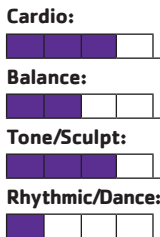
CORE & PROPS

Core & Props is designed to strengthen the core using props such as balls, weights and rollers.



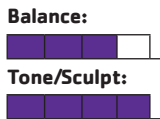
CARDIO PUMP

Give yourself a full-body workout with Cardio Pump! This class provides a combination of aerobic and strengthening exercises.



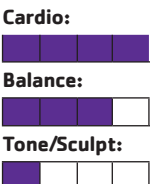
CONDITIONING & CORE

Conditioning & Core combines strength exercises and core work to strengthen and tone the whole body.



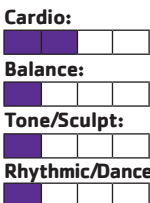
CYCLE

Using stationary cycles, this is a low-impact exercise that improves aerobic conditioning, core strength, and balance.



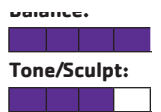
DANCE FITNESS

Dance Fitness provides a cardiovascular workout that includes fun moves of dancing.



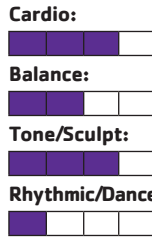
FAB ABS

This class offers exercises designed to work the core, focusing on the abdominal and back muscles.



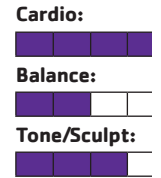
HI-LO

This class provides a total body workout using a combination of high and low-impact exercises.



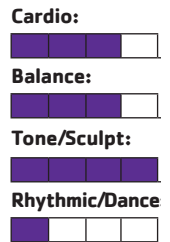
HIIT

High-Intensity Interval Training alternates short periods of challenging cardio and strength exercises with less intense recovery periods.



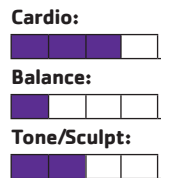
KICKBOXING

Kickboxing incorporates martial arts techniques with exercises that utilize agility ladders, battle ropes and punching bags to help you build muscle and endurance.



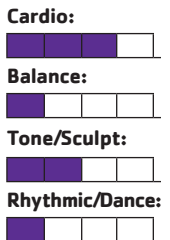
LOW-IMPACT

Low-Impact is a combination of aerobic and strengthening exercises without impact.



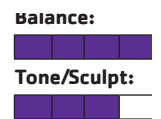
MIX IT

Mix It offers a variety of formats each week to improve muscular strength, conditioning, core and flexibility.



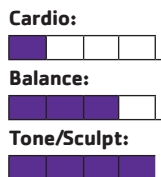
PILATES

Participants will utilize a series of movements that strengthen and support core muscles.



PUMP-IT

This class uses added resistance and body bars to improve muscle strength.



STEP & SCULPT

Enjoy a challenging workout with high-energy step movements using the whole platform to keep you moving with added sculpting.

Cardio:



Balance:



Tone/Sculpt:



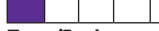
Rhythmic/Dance:



STRETCH

Stretch offers a combination of exercises to lengthen and improve joint flexibility.

Balance:



Tone/Sculpt:



STRETCH AND STRENGTH

This class is designed to gently increase the range of motion of joints and strengthen supporting muscles.

Balance:



Tone/Sculpt:



TOTAL BODY WORKOUT

This workout offers a combination of aerobic, strengthening and flexibility exercises.

Balance:



Tone/Sculpt:



YOGA

Yoga participants will strengthen and lengthen muscles through physical poses, stretches, controlled breathing and meditation.

Balance:



Tone/Sculpt:

