

## BARRE

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

Balance:



Tone/Sculpt:



## BOOT CAMP

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

Cardio:



Balance:



Tone/Sculpt:



## B.Y.O.B.

Bring Your Own Band combines stretch and conditioning exercises using stretch bands to help increase strength and flexibility

Balance:



Tone/Sculpt:



## CARDIO BARRE

Cardio Barre offers a series of fast-paced Ballet moves to elevate your heart rate and focuses on strengthening your lower body.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



## CARDIO BOX

Cardio Box combines kicking and punching moves to help increase balance and cardio conditioning.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



## CARDIO PUMP

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

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance:



## CONDITIONING & CORE

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

Balance:



Tone/Sculpt:



## CYCLE

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

Cardio:



Balance:



Tone/Sculpt:



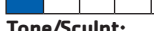
## DANCE FITNESS

Dance Fitness provides a cardiovascular workout that includes fun moves of dancing and requires no dance experience.

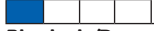
Cardio:



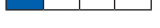
Balance:



Tone/Sculpt:



Rhythmic/Dance



## HIP HOP

Hip Hop is an addictive fusion of the latest dance styles and the hottest new sounds to provide you with an over-the-top cardio workout.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



## HIIT

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

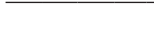
Cardio:



Balance:



Tone/Sculpt:



## KICKBOXING

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

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



## LOW-IMPACT

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

Cardio:



Balance:



Tone/Sculpt:

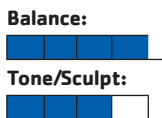


## LOW-IMPACT CONDITIONING & CORE

Cassy combines lower and upper body moves to ensure you get a great cardio workout, keeping the impact low and intensity high. You'll go through five rounds, consisting of two exercises per round with rest periods between exercises and before progressing to the next segment.

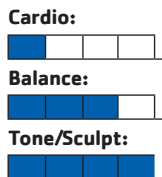
## PILATES

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



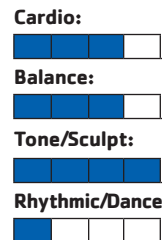
## PUMP-IT

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



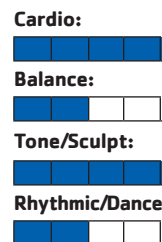
## P90X

P90X combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics and martial arts.



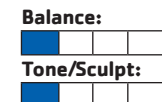
## STEP & SCULPT

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



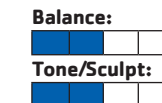
## STRETCH

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



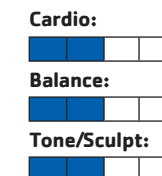
## STRETCH AND STRENGTH

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



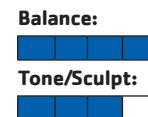
## TOTAL BODY WORKOUT

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



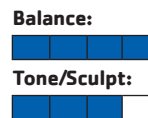
## TOTALLY CORE

Totally Core combines movements that promote core strength along with balance.



## YOGA

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



## YOGILATES

This class combines the stretching of Yoga with the dynamic strengthening of Pilates.

