

GROUP FITNESS CLASS DESCRIPTIONS

**Mat Required

Active Isolated Stretch **	This class teaches you how to stretch one muscle at a time using 7' ropes. This technique is commonly used with Olympic Athletes. This class will increase your range of motion and flexibility.
Ball Max / On The Ball	Core intensity class utilizing the Stability Balls and free weights. Low impact core class.
Ballet Booty Sculpt **	Full body sculpt class with an emphasis on lower body, glutes, core and balance .
Body Shred **	30 minute workout using 321 Circuit Format. Body Shred offers a distinctive approach to bodyweight training melded with metabolic circuit training .
Boot Camp Challenge	Boot camp with an edge. This class is intense. Advanced cardio and strength intervals that uses the steps. (75 mins)
Burn **	High intensity interval training. This cross training classes uses interval strength segments with cardio training to improve your agility, flexibility, strength, & endurance.
Butts & Guts **	30 minute express workout of exercises concentrating on Glutes & Abs!
Core Fusion **	Complete Core Mat work combining Pilates, Yoga, and Functional balance stability work. This class has no impact.
Corebar Fit **	Intermediate version of Corebar. Less impact than HIT version. Mobility training part 2.
Corebar HIT **	A total body system that includes, cardio, strength conditioning, flexibility, balance, and agility. An intense and challenging class that provides fast, visible, and progressive training results in a fun format using only the signature "corebar"
Corebar STRONG	30 Minutes of Core & Strength circuits using a "corebar" sure to challenge you !
Corebar Vital **	Low impact version of Corebar. Core intensive with no jumping. Includes relaxation segment.
Fusion Step-Box-Kick	A powerful workout using kickboxing choreography and step routines. Interval class
Hardcore Kickbox	A high intensity cardio kickbox class for a challenging workout (45 mins)
Kickbox Circuit	A cross-training aerobic workout incorporating boxing, punches, kicks, and drills *Includes an interval strength segment
Low & Loaded **	A low-impact aerobics class that utilizes light weights. Great class for the new exerciser.
Pilates ** Yogalates	A Pilates mat class using props and resistance tools to enhance the core workout.
PIYO LIVE **	Non-stop fluid movement with an athletic edge . Use your own body as a machine
Power Cut **	Increases strength training workout focusing on every major muscle group in the body. Uses barbells and light weights.
Soft Box Conditioning	Low impact boxing with strength and bodyweight conditioning cycles. Also uses bands
Steel Pilates **	Strength, balance, agility, and muscle endurance with particular focus on activating and developing the core. Pilates based exercises develop areas of the body that need attention and builds strength in your weakest areas.
Tabata Bootcamp **	A program that is 20 seconds of concentrated work followed by 10 seconds of rest. This format is repeated in eight interval sets for an intense fat burning workout.
Total Body Blast **	Complete circuit class combining kickboxing, low impact cardio, strength, and relaxation.
Total Body Sculpt **	Total body conditioning strength class with no impact.
Yoga ** Gentle Yoga (beg)	A class that promotes balance, strength, and relaxation. Bring a mat!
Zumba	A fusion of Latin & international music dance themes that create a dynamic, exciting, and effective fitness system. Routines feature aerobic/fitness interval training with a combo of fast and slow rhythms that sculpt the body.

POOL FITNESS CLASS DESCRIPTIONS

Aqua Energy	Great aqua class with a focus on cardiovascular exercise.
Aqua Flow / Energy	Energizing aqua workouts using the whole body to move against the resistance of the water.
Aqua Fusion	A class that combines 3 elements: strength segments, cardio combos, and flexibility
Aqua Zumba	Zumba (see above) but in the water. It's a blast!!