

Spring 2012 GROUP EXERCISE CLASS DESCRIPTIONS

BUNS, GUNS & ABS: 45 minutes concentrating on your stomach, arms and glutes!

CARDIO KICKBOX: This class takes kickbox combinations and bootcamp drills to make a fun, high-intensity workout!

CYCLING: Looking for an intense cardio session? Try these indoor cycling sessions. Water bottle required and towel recommended!

CYCLING/ABS FUSION: Start with a 30-minute cycling class and end with a 30-minute abdominal workout! Water bottle required and towel recommended!

HARD BODY BOOTCAMP: This fun and challenging class is created to push your fitness to the next level so your body is at its peak all year long!

HIGH INTENSITY INTERVAL TRAINING: This class is a specialized form of interval training that involves short bursts of intense exercise separated by longer bouts of low to moderate intensity exercise.

PILATES: This class emphasizes the balanced development of the body through core strength, flexibility, and awareness.

PURE STRENGTH: Get stronger and leaner in this challenging class that gets back to basics with barbell training and good old fashioned hard WORK.

SCULPT: Resistance training designed to build muscular strength and tighten the body.

SKINNY JEANS: Zip into this class to focus on strengthening the abdominals, hips, glutes & legs.

VINYASA YOGA: A yoga class involving continuous movement. Release stress while building strength and stamina.

YOGA: Stretch and tone with yoga poses perfect for the beginner.

YOGA FOR ATHLETES: This class will target areas that improve athletes overall performance: core strength, flexibility and balance.

ZUMBA®: "Ditch the workout and join the party!" Try this class inspired by various Latin dance moves! No dance experience necessary.