

## CLASS DESCRIPTIONS

20/20/20	20/20/20 is a class designed to meet your cardio, strength, and core needs. We'll spend roughly 20 minutes of each, all set to awesome music. For all fitness levels. 20/20 is a shortened version of this class.
ACTIVE OLDER ADULT	Active Older Adult Fitness is designed for active adults ages 55 and older. You will use weights to tone and strengthen your entire body as well as perform sections of cardio. Class offers options for sitting.
BARRE	Barre is a total-body workout that integrates Ballet Technique, Yoga, and Strength. Students will work to improve posture and alignment, mobility, flexibility, balance, strength, stability, and metabolic health.
BODYPUMP	This workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to <b>BODYPUMP</b> is THE REP EFFECT™, a breakthrough in fitness training focusing on high reps with low weight. <b>You must be 15 years or older to take BODYPUMP.</b>
BODY SCULPT	A great way to define and sculpt lean muscle. This class uses weights to tone and strengthen your entire body.
CARDIO KICK	Cardio Kick combines traditional kickboxing moves with intense intervals for an unbelievable calorie burn. You'll have a blast learning hard hitting combos in one of our most empowering classes.
HIIT	This High Intensity Interval Training (HIIT) class provides the support of group motivation to challenge you to work towards your highest potential and unleash your inner athlete.
PILATES	Pilates focuses on core conditioning. Movements concentrate on controlling the "powerhouse" muscles, from your shoulders to your hips, while toning, firming, and strengthening your entire body.
PiYo	<b>PiYo</b> is a mix of pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This total-body workout is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, chest).
QI GONG & T'AI CHI	These body movements work to improve balance, breathing capacity and circulation while strengthening connective tissue and core muscles. Qigong is called moving meditation as the practice relaxes the mind, strengthens the body and uplifts the spirit. T'ai chi styles include tiger form and western style short form. Beginners are always welcome.
STRETCH & FLEX	Stretch and flex is a class based on yoga and Pilates based exercises and stretches that use primarily your own body's weight and resistance to engage and lengthen muscles for better rotation and mobility. This is a non-impact type of class that is mostly done on a mat with bands or blocks. Great before or after other classes to loosen up and get better flexibility and small muscle/core strength.
YOGA I & II	Yoga I is designed for those just beginning yoga or with a more limited range of movement. Instructors will talk you through positioning as you learn each stretch and pose. This mind-body awareness class will be less strenuous than Yoga II. Yoga II is designed for experienced Yogi's. In Yoga II, you will perform at a higher level with more challenging poses.
ZUMBA	"Ditch the Workout, Join the Party" for a fun, joyful class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Belly Dance, Flamenco, Samba, Reggatone, Hip Hop, and popular music.

If you are new to a class or have any questions, please talk to the instructor prior to the start of the class.