


TYPE	 CLASSES LISTED BY TYPE & INTENSITY (Easy to Hard)	YOGA/PILATES	CARDIO	TONING	INTERVAL	ABS	DANCE	
YOGA/PILATES	RESTORATIVE YOGA A class promoting flexibility & relaxation, for all ages & yoga levels, bringing together mind, body, spirit, as one with Susan	✓				✓		
	FLOW & LET GO YOGA Relax your mind & stretch the body in this mid level yoga class. It will warm you up and still calm you down. Builds strength & endurance.	✓					✓	
	VIN-YIN YOGA Starts w/Vinyasa sequence (yang) to build heat & gain strength. Shifts to Yin yoga-a more subtle & contemplative practice of awareness & stillness.	✓		✓			✓	
	BARRELATES Pilates meets barre in this slower paced workout focusing on toning the core while balancing & increasing flexibility. End class with a stretch and cool down after a hectic week with Angie	✓		✓			✓	
	VINYASA YOGA A specialized sequence linking breath while performing fast paced movements in a warm setting. Calms the mind & soothes the nervous system.	✓		✓			✓	
INTERVAL TONING	KICK KOMBO Kick & HIIT, Kick & Weights - Just KICK IT A combo class combining cardio kick moves & toning intervals with Mel		✓	✓		✓		
	STEP/CARDIO KICK Rotates each week. One week a STEP class old school style and the next week your favorite CARDIO KICK class with Mandy		✓	✓	✓	✓		
	BUTTS&GUTS Tone it up! Classic toning workout w/ heavy focus on legs & glutes but also includes bouts of arms & abs.		✓	✓			✓	
	TABATA TONE Periods of high intensity followed by a short period of rest. All exercises can be done at a lower level & modified. Full body workout with Angie.		✓	✓	✓	✓		
	POUND an interval combo class using drumsticks for cardio, toning, and ab moves interchanged with weight intervals. No dancing just Rock it Out.	✓	✓	✓	✓	✓		
	TOTALLY TONING – Just TONE! No cardio just a total body toning workout to help develop lean muscle with Lisa!			✓	✓	✓		
	INTERVAL COMBO An intense workout that will push your cardio & strength skills with a wide variety of exercises. One step lower than BootCamp for a MAX BURN.		✓	✓	✓	✓		
	BOOTCAMP/HIIT -Highest level class we offer-intervals or cardio & strength to push you to your max. Always a different challenge! Check schedule for focus on cardio/strength or general workout with Kallie or Lisa		✓	✓	✓	✓		
CARDIO	DANCE DANCE BARRE Meet us at the barre for a toning workout that leads to more shapely legs & butt. A combination of two dance songs and a barre workout with Mel		✓	✓		✓	✓	
	HIP HOP ABS A lower intensity dance workout that focuses more on ab strength than on jumping! Great way to strut your stuff and be kind to your knees.		✓			✓	✓	
	DANCE & TONE -A GYM favorite- Intervals of 2-3 dance songs for every one weight song to mix it up & make the time fly by. Squatting, kicking, & dance moves that attract everyone.		✓	✓		✓	✓	
	HIP HOP POUND A classic dance workout to burn the most calories. A combo of old & new tunes with a taste of ZUMBA. No previous dance experience required, easy to follow moves for all ages!		✓			✓	✓	
	SPIN - Whether a 30, 45, or 60 min class... SPIN to WIN! The hottest workout we've got! Jump on a bike & GO! Modify with resistance		✓	✓	✓			

