

TYPE	 CLASS DESCRIPTIONS Listed				YOGA/PILAT	CARDIO	TONING	INTERVAL	ABS	DANCE
					YOGA/PILAT	CARDIO	TONING	INTERVAL	ABS	DANCE
YOGA/PILAT	RESTORATIVE YOGA-Susan	A class promoting flexibility & relaxation, for all ages & yoga levels, bringing together mind, body, spirit, as one. NO YOGA experience required. A great stretch class to end the week.	✓							
	BARRE NECESSITIES - Angie	A mix of Pilates, ballet, yoga, and functional training elements to create an energized and targeted workout.30 mins of Barre & 30 mins deep stretching.	✓		✓	✓	✓	✓	✓	
	Intro to YOGA - Susan	An introduction of specialized sequence of yoga movements and postures linking your breath.	✓		✓	✓	✓			
INTERVAL	BootCamp CIRCUIT- Kallie	You are guaranteed to keep moving in this mid level interval class. Using a timer, you will do segments of cardio & toning with all different equipment. A great place to start your bootcamp workout if you are just beginning and want to get more comfortable exercising.		✓	✓	✓	✓			
	Butts&Guts&Cardio - Mandy	Classic toning workout w/ heavy focus on legs & glutes but also includes arms & abs.			✓	✓	✓			
	LETS LIFT IT - Angie	Just TONE! No cardio, a total body toning workout to help develop lean muscle! Focus is on slower exercises. She will teach you proper technique & spend time perfecting your form.			✓	✓	✓			
	INTERVAL COMBO - All	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. Every teacher has a different specialty and Saturdays keep it interesting and fun for all! Step, Circuit, Weights - just show up and we'll see!		✓	✓	✓	✓			
	Kallie KOMBO	Pound, Strength, Core, Cardio - you will get it all! One thing that is consistent is the CHANGE! Expect something new every week whether it's the THEME, the TIMER, the EQUIPMENT or the REPS! Fun music, a good time, and modifications for everyone!		✓	✓	✓	✓			
	MELANIE MASHUP	A combo workout of everything aerobics! Every week you will have a different lineup that could consist of Step, Barre, CardiKick, Weights, Sliders.. & more! NO DANCING here but you will definitely get your cardio in & have a great time.		✓	✓	✓	✓			
	OutTheBOX - Mandy	A mid level interval combo class. We want you think outside the box! Mandy will change it up every week to give you a good variety of workouts! Keep your body guessing as she uses this "box" to do anything & everything! She will take you places!		✓	✓	✓	✓			
	WEIGHTS BOOTCAMP - Kallie	Its Weights Wednesday! Lift with Kallie! She will get your heart rate up without jumping around! Push yourself to lift heavier, lift longer, or just lift! Don't be afraid to try it out, modifications are made for everyone & all weights, shapes, and sizes are welcome!			✓	✓	✓			
	Water Aerobics - Angie & Simone	An intense water workout that will get your heart rate up & muscles burning while you stay cool and beat the heat. Cardio, core, weights & more in the water.		✓	✓	✓	✓			
CARDIO	HIP HOP ABS - Angie	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. Always new, fun routines.		✓				✓	✓	
	Just Dance - Melanie	Choreography is the focus here, teaching you to use your brain and remember steps! We want to challenge you to try new things & keep your metabolism moving. Sometimes we will add in barre and toning moves to make sure you get the full body burn!		✓	✓	✓			✓	
	DANCE & TONE - Mandy	Our most POPULAR class! She dances & raises your heart rate for 3 dances then takes a break with weights to bring it back down. They love to Pop it. Lock it. Drop it.		✓	✓	✓	✓	✓	✓	
	Hip Hop Tone - Kallie	1cardio song, 1 hip hop song, 1 tone - for a great cardio workout that keeps your heart rate guessing. We'll take you UP and then bring you DOWN but all the while having a great time. Weights, bands, balls, ABS, we change up your toning every week - even STIX!		✓	✓	✓	✓	✓	✓	
	SPIN WITH SIM - Simone	This one hour spin class gives a full body workout just like you would be on the ROAD! Get your heartrate moving while riding up & down hills. Expect some tabata & tension drills for when you need to catch the person in front of you or stop traffic! You can't ride a road bike without your ARMS & ABS - so get ready to lock and load... & tighten up!		✓	✓	✓				
	EXPRESS SPIN - Kallie	Squeeze this 30 min class in to your day but still get a high calorie burn. This means its an all out PUSH to WORK! No arms, No abs, just cardio. Focus on speed, strength, & power. If bikes are open feel free to stay the hour.		✓	✓	✓				
	CARDIO BOOTCAMP - Kallie	A most intense workout. Bootcamp focused on cardio with bouts of strength & core. Always a different challenge to push you to your max & a great way to start your week.		✓	✓	✓	✓			