

TYPE	 <small>OF NEWBERIA.COM • 365.2640</small>	CLASS DESCRIPTIONS Listed by level & intensity	YOGA/PILATES	CARDIO	TONING	INTERVAL	ABS	DANCE
YOGA/PILATES	REST RELEASE RESTORE YOGA-Susan	A class promoting flexibility & relaxation, for all ages & yoga levels, bringing together mind, body, spirit, as one.	✓				✓	
	ALIGN & SHINE - Susan	Join Susan in this moderate flow yoga class. It will warm you up and calm you down. Builds strength & endurance. Great way to jump start your Monday.	✓		✓	✓	✓	
	PILATES - Angie	A series of non-impact exercises developing strength, flexibility and balance. Followed by 10 minutes of stretch.	✓		✓		✓	
	BARRE TAB-Angie	A mix of Tabata training drills and ballet barre elements. Tabata training meets ballet at the Barre!	✓		✓		✓	
	VINYASA YOGA- Susan	A specialized sequence linking breath while performing fast paced movements in a warm setting.	✓		✓		✓	
	TABATA -Angie	Periods of high intensity followed by a short period of rest. W/ a little bit of everything. The timer is your friend! All exercises can be done at a lower level & modified.		✓	✓	✓	✓	
	MELANIE MASH UP-Melanie	Meet w/ Melanie for her mash up class...Anything goes! Cardio Kick, AMRAP, Step, Toning, Tabata and more!		✓	✓	✓	✓	
INTERVAL	BUTTS & GUTS-Mandy	Tone it up! Classic toning workout w/ heavy focus on legs & glutes but also includes bouts of arms & abs.		✓	✓		✓	
	POUND COMBO -Kallie	An interval combo class using drumsticks for cardio, toning, and ab moves interchanged with weight intervals. No dancing just Rock it Out.	✓	✓	✓	✓	✓	
	TOTALLY TONE-Lisa M	Just TONE! No cardio just a total body toning workout to help develop lean muscle!			✓	✓	✓	
	INTERVAL COMBO-Kallie/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.		✓	✓	✓	✓	
	BOOTCAMP/HIIT- Kallie & LisaM	Highest level class we offer-intervals or cardio & strength to push you to your max. Always a different challenge!		✓	✓	✓	✓	
CARDIO	HI LO COMBO	Light weight, cardio choreography, interval class to raise and lower your heart rate for a max amount of calorie burn.		✓	✓		✓	
	A GOOD KICK IN THE ABS - Mandy	A combination of Cardio Kick mixed with tone and abs.		✓	✓	✓	✓	
	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.		✓			✓	✓
	DANCE & TONE-Mandy	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-Kallie	A classic dance workout to burn the most calories. A combo of old & new tunes with a pop of POUND. No previous dance experience required, easy to follow moves for all ages!		✓			✓	✓
	SPIN-Lisa M	Whether a 30, 45, or 60 min class. This is the hottest workout we've got! Jump on a bike & GO! Modify with resistance.		✓	✓	✓		