


TYPE	 <b>CLASS DESCRIPTIONS Listed by level &amp; intensity</b>		YOGA/PILATES	CARDIO	TONING	INTERVAL	ABS	DANCE
YOGA/PILATES	<b>REST RELEASE RESTORE YOGA- Susan</b>	A class promoting flexibility & relaxation, for all ages & yoga levels, bringing together mind, body, spirit, as one.	✓				✓	
	<b>YOGA - Susan</b>	A moderate flow yoga class that will warm you up and calm you down. It will warm you up and calm you down. Builds strength & endurance. Great way to jump start your Monday.	✓		✓	✓	✓	
	<b>PILATES - Susan</b>	Pilates is a series of non-impact exercises developing strength, flexibility and balance. It emphasizes proper postural alignment, core strength and muscle balance	✓		✓		✓	
	<b>AQUA BARRE-Angie</b>	A mix of Tabata training drills and ballet barre elements IN THE POOL. *If Raining move INSIDE for Barre Tab in the AerobicRm.*	✓		✓		✓	
	<b>VINYASA YOGA- Susan</b>	A specialized sequence linking breath while performing fast paced movements in a warm setting.	✓		✓	✓	✓	
INTERVAL	<b>TABATA CIRCUIT -Angie</b>	Periods of high intensity followed by a short period of rest. Full body workout, we do a little bit of everything. The timer is your friend! All exercises can be done at a lower level & modified.		✓	✓	✓	✓	
	<b>BUTTS &amp; GUTS-Mandy</b>	Tone it up! Classic toning workout w/ heavy focus on legs & glutes but also includes bouts of arms & abs.		✓	✓		✓	
	<b>LET'S LIFT IT-Angie</b>	An entire hour dedicated to weights, weights, & more weights. Pump some iron with Angie on Thursdays for a full body workout!			✓	✓	✓	
	<b>SCULPT- Melanie</b>	Scupt & define your upper & lower body with a variety of aerobic equipment to guarantee an effective workout. 30mins of Sculpt & 30min of Spin on Tuesday mornings. You can go for the first half, last half or stay for the whole hour.			✓	✓	✓	
	<b>INTERVAL COMBO-Kallie/all</b>	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.		✓	✓	✓	✓	
	<b>KICK IT &amp; HIIT IT- Mandy</b>	An interval class with a combo of Cardio Kick moves and HIIT (hi intensity interval training) to keep your heart pumping! Perfect mix of CARDIO kick moves and weight lifting.		✓	✓	✓	✓	
	<b>BOOTCAMP-Kallie &amp; Leslie</b>	Highest level class we offer-intervals of cardio & strength to push you to your max. Always a different challenge!		✓	✓	✓	✓	
	<b>AQUA POWER- Melanie</b>	An intense water workout that will get your heart rate up & muscles burning while you stay cool and beat the heat.* IF RAINING, moved inside for Mels Dance Class in Aerobic Rm.*		✓	✓	✓	✓	
CARDIO	<b>HIP HOP ABS-Angie</b>	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.		✓			✓	✓
	<b>DANCE &amp; TONE-Mandy</b>	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.		✓	✓		✓	✓
	<b>HIP HOP POUND-Kallie</b>	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!		✓			✓	✓
	<b>SPIN-Kallie &amp; Simone</b>	Whether a 30, 45, or 60 min class. This is the hottest workout we've got! Jump on a bike & GO! Modify with resistance.		✓	✓	✓		