

TYPE	 CLASS DESCRIPTIONS Listed by level & intensity			YOGA/PILATES	CARDIO	TONING	INTERVAL	ABS	DANCE
	CLASS	INSTRUCTOR	DESCRIPTION						
YOGA/PILATES	REST RELEASE RESTORE YOGA	SUSAN	A class promoting flexibility & relaxation, for all ages & yoga levels, bringing together mind, body, spirit, as one.	✓				✓	
	ROCK N ROLL YOGA	SUSAN	Rock out in this moderate flow yoga class. It will warm you up and calm you down. Builds strength & endurance. Incorporates a playlist of classic rock & pop.	✓		✓	✓	✓	
	VIN-YIN YOGA	LISA D	Starts w/Vinyasa sequence (yang) to build heat & gain strength. Shifts to Yin yoga-a more subtle & contemplative practice of awareness & stillness.	✓		✓		✓	
	BERRY BARRE	JENNA	A full-body workout focusing on targeted muscle isolation, lots of reps, & stretching. Modifications and challenged provided for all levels. Wear sticky socks or bare feet.	✓		✓		✓	
	BARRE TAB	ANGIE	A mix of Tabata training drills and ballet barre elements. Tabata training meets ballet at the Barre!	✓		✓		✓	
	VINYASA YOGA	LISA D	A specialized sequence linking breath while performing fast paced movements in a warm setting.	✓		✓		✓	
INTERVAL	BUTTS & GUTS	MANDY	Tone it up! Classic toning workout w/ heavy focus on legs & glutes but also includes bouts of arms & abs.		✓	✓		✓	
	TABATA CIRCUIT	ANGIE/ MANDY	Periods of high intensity followed by a short period of rest. All exercises can be done at a lower level & modified.		✓	✓	✓	✓	
	POUND	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/ LISA M	Highest level class we offer-intervals or cardio & strength to push you to your max. Always a different challenge!		✓	✓	✓	✓	
CARDIO	LIGHT WT CARDIO	MELANIE	Steady light weight exercise class with continuous movement.		✓	✓		✓	
	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	KALLIE	A classic dance workout to burn 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	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.		✓	✓	✓		