

TYPES			<h1>CLASS DESCRIPTIONS LISTED</h1>	
YOGA/PILATES	YOGA - ANITA	<p>In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. All levels welcome.</p> <p>This is a great cool down class to follow cardio or at the end of a long day!</p>		
	PILATES/ BARRE/YOGA - ANITA	<p>Focus on strength, balance, and flexibility! Emphasize small muscle groups and core strengthening to recruit back muscles and improve stability!</p>		
INTERVAL	INTERVAL COMBO/TRAINING - ALL	<p>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. 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 what this full body workout will be!</p>		
	TONE & TIGHTEN - MELANIE	<p>Just TONE! No cardio, a total body toning & strengthening workout to help develop lean muscle! She will teach you proper technique & spend time perfecting your form.</p>		
	5AM BOOTCAMP - ANGIE or KALLIE	<p>An intense workout that will push your cardio & strength skills with a wide variety of exercises. It's an early morning workout for a MAX BURN. Its weights, it's cardio, it's core, it's circuit and more! Push yourself to lift heavier, do cardio longer or just MOVE! Don't be afraid to try it out, modifications are made for everyone & all weights, shapes, and sizes are welcome!</p>		
	KALLIE KOMBO	<p>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 - dancing and burpees are always optional!</p>		
	WEIGHT CIRCUIT MANDY	<p>Classic circuit workout w/ heavy focus on legs & glutes but also includes arms, abs, & CARDIO!</p>		
	TONE IT UP WITH TYRA	<p>A full body resistance workout that has little bit of everything to get your heart rate pumping & your week off to a GREAT start!</p>		
CARDIO	JUST DANCE - ANGIE	<p>JUST DANCE for 1 hour! This class has ALL Styles of Dance includig Hip Hop, Jive, Samba, Salsa and more! Come BURN some calories and get your GROOVE ON!</p>		
	DANCE & TONE - MANDY or ANGIE	<p>This class is a great combination of fun dances and muscle toning! 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 & of course, laugh ;)</p>		
	SPIN - KALLIE or ANGIE	<p>SPIN ! Whether you ride the bike for 1 hour or for 45 min you will get a great workout with some fun music! It's an awesome, low impact cardio interval class and 15min Toning/Core is offered at the end of class makes for a great total body workout!</p>		


INTERESTED IN TRYING OUT A CLASS
CALL 337.519.2486 TO DROP IN FOR \$10