

TYPE	 CLASS DESCRIPTIONS Listed		YOGA/PILAT	CARDIO	TONING	INTERVAL	ABS	DANCE
YOGA/PILATES	Vin Yin Yoga - Anita	Use Vin to help string postures together so that you move from one movement to another, seamlessly, using your breath. Yin is done to increase circulation in the joints and improve flexibility as the poses stretch and exercise the bone and joint areas	✓					
	Barrelates - Angie	A mixture of Barre and Pilates in this class will help strengthen your core, lengthen your muscles and help improve your balance. Finish up with a Super Stretch to end your hectic week.	✓		✓	✓	✓	
	Ashtanga Yoga - Anita	By moving so quickly and powerfully, you will feel the burn and everything extra, physical and mental, will have to get out the way. This practice has a strong sense of purpose and you are forced to focus and grow.	✓		✓	✓	✓	
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!		✓	✓	✓	✓	
	Cardio Kick & Tone - Melanie	You will get a mix of cardio exercises that burn fat with toning exercises that strengthen the muscles in the body.		✓	✓	✓	✓	
	LIIT with SIM -Simone	Whole body workout great for beginners. Made up of a mix of low-impact exercise intervals and NO JUMPING		✓	✓	✓	✓	
	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!			✓	✓	✓	
	Just DANCE - Angie	This class has ALL Styles of Dance includig Hip Hop, Jive, Samba, Salsa and more! Come BURN some calories and get your GROOVE ON!		✓			✓	✓
	Dance & Barre - 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. Dance & Barre toning movements mixed in.		✓	✓	✓		✓
	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.		✓	✓	✓	✓	✓
	CARDIO	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 (45min Spin 15min Abs)		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! Tues @8:30am full hour Spin. Weds @ 5:30pm 45min SPIN 15min ABS		✓	✓	✓	✓	
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.		✓	✓	✓	✓	