

TYPE		<h1>CLASS DESCRIPTIONS Listed</h1>	YOGA/PILAT	CARDIO	TONING	INTERVAL	ABS	DANCE
			YOGA/PILATES	CARDIO	TONING	INTERVAL	ABS	DANCE
YOGA/PILATES	RESTORATIVE YOGA-Susan	A class promoting flexibility & relaxation, for all ages & yoga levels, bringing together mind, body, spirit, as one.	✓				✓	
	YOGA CORE-Susan	Its your favorite combination of a slo flow yoga with a concentration on toning your core. Expect classic yoga movements that will challenge you & intermingle pilates to give you a full body burn. Great way to start your week.	✓		✓	✓	✓	
	BARRE NECESSITIES-Angie	A mix of Pilates, ballet, yoga, and functional training elements to create an energized and targeted workout. 45 mins of Barre & 15 mins deep stretching.	✓		✓		✓	
	VINYASA YOGA- Lisa D	A specialized sequence of yoga movements and postures linking breath while performing fast paced movements in a warm setting.	✓		✓		✓	
INTERVAL	CIRCUIT-Angie	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 workout if you are not ready for bootcamp & want to get more comfortable exercising. She will teach you proper technique & spend time perfecting your form.		✓	✓	✓	✓	
	BUTTS & GUTS-Mandy	Classic toning workout w/ heavy focus on legs & glutes but also includes arms & abs.		✓	✓		✓	
	LETS LIFT IT - Angie	Just TONE! No cardio, just a total body toning workout to help develop lean muscle!			✓	✓	✓	
	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.		✓	✓	✓	✓	
	MELAINE MASHUP	A combo workout of everything aerobics! Every week you will have a different lineup that could consist of Step, Barre, CardiKick, Weights, Sliders.. & more! NO DANCING here but you will definitely get your cardio in & have a great time.		✓	✓		✓	
	WEIGHTS BOOTCAMP - Leslie	Its Weights Wednesday! Lift with Leslie! 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!			✓	✓	✓	
CARDIO	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 PLUS - Melanie	You are guaranteed some dancing, & there will always be a PLUS...something! Dance Combo workout which will include other disciplines to keep your body guessing!! Melanie wants to challenge you to try new things & keep your metabolism moving.		✓			✓	✓
	DANCE & TONE-Mandy	Our most POPULAR class! She dances & raises your heart rate then takes a break with weights to bring it back down. They love to Pop it. Lock it. Drop it.		✓	✓		✓	✓
	BEGINNER SPINNER - Angie	45 min of SPIN followed by 15 min of Stretch! More focus on form & strength, less of drills & thrills! She has a great combo of music that will make you want to dance! All levels are welcome.	✓	✓	✓	✓		
	SPIN WITH A TWIST - Kallie	This 45/15 min class is an hour of fun! Your favorite hiphop tunes will have you dancing ON the bike & getting in the GROOVE! Think dancing but no impact! We'll finish off with 15min of Pilates ABS to work on your lower back & core. So that makes it Cardio, Core, & MORE!		✓	✓	✓	✓	
	ROCK.ROLL.RIDE - Simone	The music makes it! You will stay on the bike yet get your abs involved in the game. A focus on balance, obliques, & all over core. This is all about STRENGTH & ENDURANCE! The song might be long but its worth it!		✓	✓	✓		
	HILLS & DRILLS - Simone	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 in control so get ready to lock and load... & tighten em up!		✓	✓	✓		
	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.		✓	✓	✓		
	BOOTCAMP SPIN- Kallie	2 30min sessions - you can choose to do whichever one first & the other last! 30min EXPRESS SPIN class will burn the max amount of calories as you do intervals, hills, drill & have some fun! CIRCUIT in the yoga room & go though timed stations for a full body workout thats less stress & more enjoyable for the end of your week!		✓	✓	✓		
	CARDIO BOOTCAMP - Leslie	Highest level class we offer. 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.		✓	✓	✓	✓	
	OutTheBOX - Mandy	A mid level interval combo class. We want you think outside the box! Mandy will change it up every week to give you a good variety of workouts! Keep your body guessing as she uses this "box" to do anything & everything!		✓	✓	✓	✓	