**CLASS DESCRIPTIONS**

**Low Impact**

**Connective Stretch**: Pain-free, movement-based stretching

**Fitness Fusion:** Fusing various exercises to double the benefit. Cardio, weights, bands…

**Moving Right Along I & II**: Increase strength, range of motion, and skills needed for active daily living. MRA I is chair exercises

**Posture Perfect**: A class based on structural alignment through gentle stretches and exercises.

**Retro Cardio**: Low-impact aerobic workout

**Tai Chi**: For flexibility and balance

**High Impact**

**Chisel**: Hardcore, boot camp style workout. Helps build muscle, strength and endurance

**Cycle**: Calorie-burning cycle class

**Early Bird Burn**: Combination of burpees, weights, balls, steps and more

**High Fitness:** “Old school” aerobic workout combining HIIT, plyometric, and dance. No weights

**HIIT**: High-intensity intervals involving weights and cardio

**Kick Boxing**: High-intensity combination of punches and kicks to strengthen and tone

**Resistance Training**: A full-body sculpting class that uses body bars, dumbbells to strengthen

**RIPPED ©:** Cardio, plus weights, dumbbells, kickboxing, and core

**Rush Hour Release**: A high intensity mix of cardio and resistance drills to build endurance and muscle

**Step Plus**: Cardio workout utilizing the steps and incorporating weights

**Total Body Conditioning**: Cardio, core work utilizing bars, weights, bands to strengthen and tone

**Total Body Sculpt**: whole body workout, dumbbells, bands, tubes, exercise balls, and body bars

**Treadmill Trekking**: Use treadmill for cardio with intervals of weights

**Trek n’ Row:** Use treadmill and rower for cardio with intervals of weights

**Turbo Kick Live**: Calorie-burning cardiovascular workout utilizing kickboxing, boxing, and martial-arts style moves

**Combination**

**Cardio Plus**: Good for cardiovascular strength, and flexibility. Total body workout

**Refit**: A mix of value-positive Christian music with easy-to-follow dance steps. Similar to Zumba

**Simple Sculpt**: Combination of balls, bands, and stretching exercises

**Strength n’ Stretch**: Combination of balls, bands, and stretching exercises

**Tone to the Bone**: Moderate cardio with weights, bands, and balls

**Zumba**: A dance exercise class that is based on Latin rhythms with easy to follow step

**CLASS DESCRIPTIONS**

**Aqua**

**H2O Fitness:** All levels

**H2O Fitness 2**: More advanced utilizing weights

**Yoga & Pilates**

**Core Combo**: A combination of Yoga and Pilates

**Gentle Yoga**: Beginner

**Good Morning Yoga:** All levels-beginning and experienced yogis welcome

**Pilates**: Mat exercises to help build a strong core and so much more

**Power Yoga**: Promotes strength, balance, and flexibility to tone and strengthen muscles. Weights used

**Yoga 2**: Advanced