

Few descriptions/samples of our classes. Many more classes added monthly

SCULPTING CLASSES:

Power-Plus - Take a Power class and add free weights, tubing and/or Resist-a-balls and you have Power-Plus.

Butts & Guts - A lower body sculpting class focusing on gluts, abs, and inner & outer thighs.

PUMP - A cardio Sculpt class. Basic step movements with light weights, combined with intervals of sculpting for upper & lower body.

FIRE (Functional Integrated Resistance Exercise). This is a sculpting class which focuses on strength and endurance while integrating balance, coordination and agility.

CYCLE CLASSES:

Cycle - If you want to burn some calories, try a cycle class. The class simulates hill climbs, sprints and road rides on indoor bikes while the instructor uses great music and motivational coaching to keep you going. Some cycle classes include an abs workout at the end of class.

Rip & Ride - A 30 to 45 minute cycle class followed by upper body sculpting.

CARDIO CLASSES:

Cardio Jam - a hi-lo class with a little attitude and lots of fun. This class is a combination of various dance moves, jazz, Latin, and hip-hop.

Step - A cardio class using the platform. Athletic and choreographed movements are taught to give you a fun workout, while you melt those pounds away! Some step class include sculpting or abs at the end of class.

Step1 - This class teaches the basic of steps and provides a great cardio workout.

Double Step - Take step to the next level by using two platforms. Double the workout, double the fun, two steps instead of one!!

Triple Fit - A little step, a little hi-lo, a little sculpt and a whole lot of fun. 1 hour of cross-training... a great way to provide some variety in your workout.

Kick box - A cardio class which uses boxing moves to burn calories and sculpt your body... Some kick box classes also incorporate sculpting with weights and abs work at the end of class.

MIND/BODY CLASSES:

Yoga - Connect your mind, body and spirit. This class will guide you through a dynamic flow of postures connected by the breath to improve flexibility, strength and range of motion.

Pilates - Another way to sculpt and strengthen the body by using "pilates" based moves which focus on strengthening your core.

Yoga-lates- The class combines Yoga & Pilates moves