

	Class Description
Cardio pump/ Ultimate challenge	Improve your aerobic energy systems and optimize weight management goals. On or off the step, this class will teach you powerful movements that can also be modified with not impact variations. Choose your variation and challenge yourself to your limits!
Bootcamp/skip N'pump	Bootcamp is a combo of strength and cardio interval training. This class is perfect for cross training, increasing athletic performance and reduce body fat. This class will take you to the next level of fitness.
Triple Threat	A unique combination of Cardio Strength and Core. This class will give you a challenging dynamic workout and will strengthen and tone your heart, core, glutes and your arms!
Kardio Kettlebells	A high octane strength and cardio fusion of ballistic, kbells, bodyweight and core exercises that will tighten your core, melt body fat and help you forge the body you've always wanted! Leave every session knowing you just had a great workout.
Power Pump/strength	Using athletic agility movements in a circuit training format. Using weights and cardio intervals to keep your heart rate and blood pumping! This class will incorporate a combinations of fit discs, boxing, medicine balls, skipping and bosu balls.
TAI CHI/ CHI GONG	Come find your Chi! A low impact aerobic workout inspired by Tai Chi movements and breath. Designed to promote health in balance, alignment and Fine-motor control. Find a calm and tranquil mind.
Totla Muscle Pump	A circuit-training format to build muscular strength, improve balance and core tone. Work with a step, hand weights, body bars and medicine balls in a circuit-training format.
Zumba	IS A FUSION OF LATIN AND INTERNATIONAL MUSIC THAT CREATES A DYNAMIC, EXCITING AND EFFECTIVE WORKOUT! NO PARTNER REQUIRED. DANCE YOUR WAY TO A FIT BODY. Beginners welcome!
SPINNING	Dynamic group cycling experience ride through the different "energy zones". Our motivating instructors will guide you through the ride of your life you will leave on top of the world. INTRO -New or Riders ADVANCED -Riders wanting a challenge!!
Cardio Groove	A cardio class that will pull the rhythm right out of you. Challenge your cardiovascular system, make you sweat as you groove to the beats!
CORE & STRETCH	Improve posture, alignment & balance with trunk strengthening exercises. Increase flexibility and range of motion, learn how to use stability balls and foam rollers. All levels are welcome and will benefit from these classes.
HATHA YOGA	A class focused on increasing flexibility and improving balance and breath. Will reduce stress and enhance vitality. Give your body the opportunity to recover and improve through breathing through your stretch. Great for beginners
flow yoga	A class focused on sun salutations A-B which you will teach you to breathe through movement. Flowing through a combination of standing and balancing postures, enhancing flexibility, mental focus and gaining muscular strength with each posture.
PILATES MAT / RESTORATIVE	Learn the Stott* Pilates basic principals and their importance in the application in the Pilates technique. These class will improve your core strength, posture, alignment and build long lean muscles. Restorative Pilates ideal for our older members
For more information, call Lori Lewis, 905-275-0610 ext 206	