

### **Cardio Kickboxing**

This fitness class combines martial art techniques and strength building moves to build stamina, flexibility and coordination in a fun, fast-paced, group fitness atmosphere. Options are shown for all levels.

### **Core Pilates**

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Regressions and progressions are provided so that all will feel challenged and successful.

### **Fit & Strong**

This class integrates strength, cardio, flexibility and balance and is appropriate for those just getting back to fitness or those wanting to maintain their fitness level while working at a reasonable pace.

### **Full Body Fusion**

This is a total body workout utilizing strength and cardiovascular training while combining resistance, intervals, power plyometric, and endurance exercises.

### **Tabata**

This fun, fat burning, complete body workout uses interval training, weights and your own body weight to build cardiovascular endurance and body strength.

### **Iyengar Yoga**

This is a balanced class for students interested in working towards the back bending and inverted poses. Props are used to achieve safe alignment.

### **Mindful Yoga**

This relaxing and gentle class brings a strong focus to breath work and mindful movement. An excellent way to increase strength and flexibility in mind, body and spirit.

### **Turbo Kick**

This fat-blasting, ab-defining cardio workout is a mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

### **Zumba**

The fusion of Latin and International dance moves creates a dynamic, exciting and effective fitness system. The routines feature aerobic interval training with a combination of easy to follow dance steps that get your body moving!