

### **Aqua Fitness**

Cardio and strength movement combinations patterned to maximize the resistance of the water.

### **Aqua Zumba**

Aqua Zumba combines Latin music, dance, aerobic and fitness interval training in the water!

### **Barre-less Barre**

Barre-less is a high intensity, low impact class that will challenge your entire body. You will improve balance and core strength by performing classic barre movements without the assistance of a barre.

### **Cardio Step**

Enjoy a stimulating and fun class that combines STEP aerobics, abdominal exercises, weights and stretching.

### **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.

### **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.

### **Gentle 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.

### **Indoor Cycling**

This is a non-impact cardiovascular workout that takes place on special STAR-TRAC and Life Fitness stationary bikes. It is a group exercise program in which participants work at their individual fitness levels using Polar Heart Rate monitors within the parameters of specifically designed class formats.

### **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.

### **Tabata**

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

### **Total Body Conditioning**

This complete body workout uses intervals to help you reach your fitness goals. Perfect for those looking to take their workout to the next level.

### **TRX**

Come enjoy a boot-camp style workout on the TRX! This class will involve various strength and cardio intervals designed to challenge your body to the limit!

### **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!