

**HIIT** or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods

**STEP & SCULPT.** A step aerobics class that teaches basic combinations at an intermediate level for a safe and effective cardiovascular workout and combines toning aspects of resistance training.

**Basic Strength** full body, aerobic based strength class that combines basic exercises with high intensity intervals. We hit every body part at least once, with new exercises being swapped in weekly.

**Cardio and Stretch** half cardio, half stretching class. We start with aerobic based body weight exercises for 20 minutes and follow with 25 minutes of stretching and yoga movements to fully extend and relax every joint and muscle group in the body.

**Aqua** –The class is designed to decrease stress placed on your joints and increase the workload on your muscles. It's a great option for cardiovascular conditioning and resistance training.

**BODYPUMP®** - This class is for anyone looking to get lean, toned, strong and fit. Using light to moderate weights with lots of repetitions, BODYPUMP® gives you a total body workout through scientifically proven moves and techniques while instructors pump out encouragement, motivation and great music.

**Boot Camp** – these class are a combination of bodyweight and resistance training designed to build strength and fitness through intervals and circuits.

**Core (30 mins)** – a strength training and toning class focused on basic exercises for your abs, lower back, hips and pelvis.

**Cycling** – a low-impact and effective form of exercise appropriate for all ages. It's a great muscle workout that helps build strength, stamina, cardiovascular fitness and overall well-being.

**HIIT** – High intensity interval training is a form of training that ranges from intense to less-intense and rest periods. It makes for an effective and efficient strength-building and fat-burning workout.

**KidsFIT** – A 45-minute class where kids ages 4-13 will experience a variety of fitness moves including dancing, agility, body weight training, and fun fitness games.

**Yoga** A practice and discipline where breathing techniques, simple meditation and movement facilitates a mind/body awareness. Benefits include strengthening and toning muscles, stress reduction, lower blood pressure, elevated mood and an improved quality of life.

**Zumba®** - an aerobic fitness program featuring movements inspired by various styles of Latin American and international dance and music.