

# Available Group Fitness Classes

**AB LAB** - Strengthen and tone your abdominal/ back muscles.

**BOOTCAMP** - Taking it military style, this indoor/outdoor workout provides an endless variety of exercises using your own body weight!

**BODY WORKS PLUS ABS** - Get the results you want! Improve muscle tone, posture, balance and strength with this lightweight dumbbell workout.

**BUTTS & GUTS** - High intensity and high energy muscle conditioning focusing on those hips, thighs, glutes, and most important, creating a strong core!

**CARDIO MISSION** - Maximize performance. Improve fitness. Reduce body fat. This interval-based class utilizes body weight exercises incorporating functional movements, power, coordination, abs & balance for a high-energy cardiovascular adventure.

**GENTLE YOGA** - A series of nurturing physical postures based on yoga. May help relieve back pain, headaches, insomnia and shortness of breath.

**HIIT** - Turn up the heat and feel the burn in this High Intensity Interval Training workout consisting of a new level of cardio and strengthening within the realm of speed.

**KETTLEBELL** - These compound exercises work multiple muscle groups simultaneously, developing strength, muscular endurance and your ability to control balance and weight. An all-around heart-pumping workout that will push you to your limit!

**PILATES** - Enhance your strength, conditioning, flexibility, and balance in this powerful dynamic workout.

**TRX** - Build power, strength, flexibility, balance and mobility by the use of simple suspension straps and your own body weight! This full body workout allows you to challenge multiple muscles groups that will never leave your body bored and always leave your body satisfied.

**ULTIMATE CIRCUIT TRAINING** - With pre-set stations, continuous movement targeting every muscle group will give you a full body challenge putting your mental and physical strength to the ultimate test.

**YOGA FOR FITNESS** - Engage in the flow of flexibility, strength, balance, and breathing all combined into one yoga flow giving your body the proper balance of relaxation and energy.

**ZUMBA** - Feel the workout in the rhythm of this Latin-inspired workout that combines fun-filled exercise enriched in music and dance.

**20x3** - Full systematic body workout of 20 minutes cardio, 20 minutes core, and 20 minutes strength training. All the essentials in just one hour!