

CLASS DESCRIPTIONS (IN EFFECT OCT. 24, 2009) *DENOTES FEE-INQUIRE AT DESK**

NEW! STRIPTease! A party-a workout-and so much more! Come prepared to be **BLOWN AWAY!**

AFTERBURN - Kick it up a notch with this heart-thumping, muscle-burning routine.

HIGH VOLTAGE - Electrify your workout with a high-energy isometric workout...working the muscles from the inside out!

VORTEX - The world's wind of cardio, isometrics, kickboxing and martial art techniques, to energize your body and mind.

CONTROLLED CHAOS - A 90 min. class that will keep your muscles guessing each week! This class combines super-set sculpting moves, plyometric and dynamic moves, sprints, lunges, strength stations, and ends with a 20 min. abdominal workout.

CARDIO-CORE-FUSION-Come and feel the fusion of cardio incorporating bars, steps, high aerobic moves, kickboxing, and martial arts for a harder core.

BEACH BOD - A sculpting class that focuses on those “vulnerable” areas that are exposed in the summer months: inner/outer thighs, quads, hamstrings, butt, and abs. High reps, low weight to really burn and tone targeted muscles.

BOSU -Using a half-plyoball (“Both-Sides-Up”) you will work your core muscles in a new and challenging way to increase strength, balance and muscle endurance. Emphasis is on kinetic chain alignment and proper technique to carry into all other fitness activities including lifting, aerobics, sports, and daily movement.

BODY BATTLE - A kickboxing-based class that challenges your fitness level by using hit mitts, resistance tubes, shadowboxing and calisthenics. This class will have you feeling worked and pumped.

BODYBLAST - Turn your body into a danger zone by blasting away those calories with this commando-style cardio kickboxing class.

SILVERSNEAKERS- We offer both the traditional silver sneakers full-body exercise class for seniors and a silver sneaker yoga stretch. The first class is a general workout which you can take to your individual fitness level to maximize your own health and well-being. The stretch is a great class to improve overall flexibility, balance and internal peace.

ZUMBA- Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create an exhilarating hour of calorie burning, body energizing movements that will blow you away.

CARDIOKICKBOXING- Come and feel the power of martial arts - punch and kick your way to a new you!

PILATES- Pilates is a specific form of exercise that focuses on developing core strength and flexibility. Results include a long, lean, sculpted body and improved posture.

BODYSULPTING- Create a stronger, leaner, more flexible body using weights, power bands, balance balls, and body bars

BELLYDANCING- This dance-based class will challenge your core strength, enhance flexibility, and teach you the hottest bellydancing moves.

STEP- Step class combines athletic and/or dance-based moves using a bench for diverse levels of intensity.

X-BIKING- Come experience the only indoor cycling class that offers a full body cardio workout. Torch calories while enjoying real outdoor cycling fun brought indoors!

TURBO KICK- We’ve fused easy-to-follow kickboxing with some heart pumping, cardio based moves for a killer workout that’s a blast!

YOGA- Traditional Yoga postures and breathing techniques flow together to strengthen, stretch and relax your body and mind.

YOGALATES- Yogalates fuses the best of the Yoga practice with the core stabilizing techniques of Pilates. This class enhances strength, stamina, flexibility and mental clarity.

PUMP –N- PEDAL- Intense combination of 30 minutes of X-Biking with 30 minutes of Bodysculpting for 60 minutes that you won’t forget!

HATHA YOGA- the “Yoga of Healing” brings lightness to your life, heart and spirit. The movements are derived from Hatha, Kundalini and RajaYoga techniques.

KETTLEBELLS a 10 week highly supervised program learning correct Russian kettlebell techniques. Great aerobic/anaerobic workout for beginner to advanced of both genders to generate power, strength, core utilization.