

CLASS DESCRIPTIONS

Boot Camp	This class is comprised of various martial arts and military-type drills focusing on functional strength training, intense cardio and endurance sessions.
Cardio Circuit	This class is a sweat-soaked mixture of non-stop cardio and circuit strength training to redefine your body.
Hot Yoga	Not to be confused with "Bikram", this class is taught in a heated room that allows the body more flexibility and deeper pose positions (asanas).
Let's Get Moving	This class is an exciting way for children ages 2-4yrs. to improve Confidence, Coordination, Flexibility, and Strength, All while making friends and having fun! In this class children will get to sing, dance, do beginning gymnastics skills, and toddler yoga. We start to encourage skills they will need for school, such as listening to a teacher, respecting others around them, waiting their turn, returning to their seat, and most of all being creative and having fun. Parents are welcome to participate, children should be bare foot or in socks, and in appropriate comfortable stretchy cloths.
Mat Pilates	This class blends a variety of Pilates moves with low impact mat exercises to strengthen your core muscles, back, arms and chest. May also incorporate balls, weights and bands for extra resistance and strength training.
Power Yoga	Sweat and serenity come together in this Vinyasa style yoga class that moves. Continuous movement through asanas helps build heat and promote a feeling of well-being and strength through the postures. Modifications are offered for all fitness levels.
Sweat & Sculpt	This class is a powerful and heart pumping interval cardio/strength training program designed to increase lean muscle and burn fat.
Turbo Kick	One of the hottest group exercise classes around, this kickboxing jam session burns up to 1000 calories in an hour. It's kickboxing and so much more! You'll kick, punch and dance your way to a new body in this action-packed party class.
Yoga	This yoga flow class is open and suitable for all levels, beginner or well practiced. This class flows and challenges students while healing, detoxifying and awakening the body and mind at the deepest level.
Zumba	Zumba (pronounced "zoom-ba") is a dance fitness workout that anyone can do. You will achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! All levels are welcome.
Spin	Instructors guide participants through workout phases from warm-up, steady tempo cadences, sprints, climbs, cool-down, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose.
Total Body Toy Box	It's like a smorgasbord for your muscles when we serve up a full body workout that incorporates all of our toys like balls, weights and bands. Come ready to try a little bit of everything.
Belly Dancing	An exciting blend of tribal belly dance and world dance. In this classes You will have the opportunity to Shed the extra pounds, improve Confidence, Coordination, Flexibility, And have a blast learning a new exciting dance style. Wear comfortable stretchy cloths. Coin belts and being bare foot are optional, you can also wear dance shoe's if desired
Family Yoga	Family Yoga program brings parents and children together in a fun, relaxing environment to share the yoga experience. Family Yoga is a creative approach to yoga that can be very helpful for children whose bodies are still developing or children who suffer from ADD (attention defecate disorder). The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids and parent how to focus, relax and develop self-control. Kids will improve concentration and focus, stimulate their imagination and help to release energy in a fun, safe environment. Promoting inner-strength, confidence, self-esteem and a feeling of well-being.
R.I.P.P.E.D.	Resistance. Intervals. Power. Plyometrics. Endurance. Diet. If you are ready to unleash the power within, transform your body, mind and life, get ready for R.I.P.P.E.D. - The One Stop Body Shock!