

### **Ab Lab**

This 25 minute class targets the abdominal muscles. Strengthen your core, see results and feel better in life's everyday activities! All fitness levels.

### **Advanced Step**

Challenge your body & your mind in this step class that focuses on intense step patterns & choreography. Bring your energy! Intermediate to advanced fitness levels recommended, Step experience needed.

### **Ball Sculpt**

Use the stability ball to strengthen and tone your muscles with exercises designed to leave you feeling refreshed & strong, not spent! All fitness levels.

### **Beginner's Yoga**

This is an entry-level yoga class with detailed explanations on breathing & technique. Great for beginners or those who wish to review the basics.

### **Belly Dance**

Get a full core and aerobic workout as you learn a variety of Belly Dancing combinations. You will isolate and move muscles you never knew you had. All fitness levels.

### **Boot Camp**

In this action-packed class, anything goes! From cardio drills to strength & agility training, you'll train intensely while having fun. Challenge your endurance & will power by giving your body some basic training! All fitness levels.

### **Cardio Kickboxing**

A high intensity blend of punches & kicks designed to increase endurance & tone your body. Burn some serious calories with this one! All fitness levels.

### **Hardbodies**

Use dumbbells, body bars, stability balls and more to strengthen & tone your muscles in this total-body workout. You control the intensity by the weights & equipment you choose! All fitness levels.

### **Hardbodies Interval**

Your basic Hardbodies class with short cardio intervals for maximum fat burning! All fitness levels

### **Power Yoga**

Practice and master power based poses based on Ashtanga Yoga principles. This class helps you build muscle strength while increasing flexibility. A great mind/body class such as this will compliment any workout regimen. All fitness levels.

### **Silver Sneakers® I - Muscular Strength & Range of Motion**

Move to the music through a variety of exercises designed to increase muscle strength, range of movement & activity for your daily living. Hand weights & tubes are used for resistance, while chairs are used for seated & standing support.

### **SilverSneakers®-YogaStretch**

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

### **Spinning**

A cycle class on stationary bikes set to music! Challenge yourself with this fantastic cardiovascular workout that allows you to control the intensity by adding resistance to your bike. All fitness levels.

### **Step-As-U-Like**

For the stepper who likes to mix it up! A step aerobics class that incorporates a variety of step formats: double, inline, vertical, interval...let the instructor surprise you! Have fun and burn fat! Some step experience a plus, but beginners, come give it a try.

### **Step 3-2-1**

3 parts step aerobics, 2 parts low body sculpting, 1 part upper body sculpting = one great workout! The intervals will take you from the step to the floor for weight training and back to step. Abdominal work and a stretch finish out this 75 minute class. All fitness levels.

### **Sunrise Step**

Rise & Shine! Wake up to a challenge with this 45 minute cardio step workout. Finish with a stretch & you're ready to start your day. All fitness levels.

### **Turbo Camp**

Join us for an hour of strength and core training followed by cardio drills (Turbo) and stretch. All fitness levels welcome.

### **Yoga**

A total body workout designed to practice & perfect a series of postures to achieve strength, stamina and flexibility. This is an accessible & stimulating class for the new and experienced exerciser. All fitness levels.

### **Young at Heart**

Build cardiovascular fitness, flexibility & strength. Have fun while you stay fit & young at heart! All fitness levels.