**CARDIO FITNESS**

**BOOT CAMP / BOOT CAMP CIRCUITS**  
A combination of cardio and body weight strength elements set up to challenge you & to keep the heart rate elevated for a great workout! BOOT CAMP CIRCUITS is same workout, but on timed intervals.

**CARDIO KICKBOXING**  
Get your heart rate up with punches, kicks, jabs & upper cuts! Join us for this high energy fun way to burn some calories!

**H.I.I.T:**  
(High Intensity Interval Training) workouts are 15 to 30 minutes in duration, that include short and intense workout sessions alternating high intensity intervals with recovery intervals. The HIIT approach to cardio exercise is very physically demanding and may not be appropriate for beginners.

**STEP**  
This choreographed class is a fun and challenging way to get in a total cardio workout. You will use step that takes your traditional aerobics class to the next level.

**ZUMBA**  
This fun class utilizes interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow

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**CARDIOFITNESS**

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**MIND/BODY**

**CARDIOYOGA**  
A brisk paced YOGA class to keep the heart rate elevated while strengthening & lengthening muscles. This class is perfect for all those looking to improve their flexibility, but have a hard time holding still long enough for a traditional yoga class.

**FLOW YOGA**  
A challenging body/mind adventure incorporating asanas, breathing & mindfulness for a complete yoga experience.

**PILATES**  
The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

**POWER FLOW YOGA**  
Focus is on building strength and spinal alignment through the use of the breath, core and postures. Classes will include warm-up sun salutations, standing postures, lunges, balance work, ab work, twisting and light back-bending. All classes finish with a quiet, reclined relaxation period.

**SLOW FLOW YOGA**  
Wake up the body with a one hour class designed with a vinyasa quality of movement, but at a pace that allows all level yogis to participate to find deeper access to each pose and the practice as a whole.

**YOGA / YOGA BASICS**  
Come experience the tranquility of movement. Empower your mind and strengthen your body as you move through a series of meaningful poses. Yoga basics is great for beginners!

**YOGA FOR STRENGTH & BALANCE**  
Combination of Ashtanga, & iyengar, yoga styles. This class focuses on alignment, breathing, & balance. Participants of all levels are welcome & should expect a lighthearted, but physically challenging experience.

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**STRENGTH**

**TOTAL BODY BURN**  
Join this fun and challenging class that will get the heart rate up while strengthening your entire body!

**BUTTS & GUTS**  
Tone legs and core like never before in this 45 minute class

**PUMP IT UP**  
Join this fun and challenging class that will get the heart rate up while strengthening your body.

**ABS / ABS CIRCUITS**  
Learn proper form & technique for strong core development in this ABSolutely awesome class. ABS CIRCUITS is the same type of workout, using timed intervals.