

ADVANCED PILATES Knowledge of all Pilates moves are needed to learn transitions from one exercise to another creating a flow of movement.

All ABOUT YOGA Teaches the various yoga poses & proper breathing techniques. Those new to yoga can progress to regular yoga classes comfortably.

ALL LEGS/WAIST DOWN Different pieces of equipment will be used to get the best lower body you can get.

ARTHRITIS This class is ideal for those that suffer with the pain of arthritis. This class will help your joints to become movable and will aid in range of motion.

BODY ATTACK The use of weights, gliding discs, balance trainers and any other toy that can be used to make this workout attack your strength and endurance.

BODY FORMULA Movements flow together to create a well rounded workout while strengthening your body while using various pieces of equipment.

BOOT CAMP This class incorporates cardio segments which may include high intensity moves, with intermittent strength segments. You will work your entire body .

BOSU Balance Training utilizing various movements to increase core strength, use of bands, tubing and weights may be used.

CARDIO SURPRISE Each one of these classes may involve step or hi-lo plus toning moves using weights, bands and balls.

CARDIO BOSU This is a class for those that are looking for high intensity. NOT a BEGINNER LEVEL.

CARDIO/CHISEL This Level 2/3 class involves high-intensity cardio and muscular movements.

CHISEL This class emphasizes muscular strength and endurance using all types of equipment available.

CORE With the help of a balance trainer, weights, tubing, and any other piece of equipment we will get a strong core while whittling down the waist.

DANCE EXERCISE This class uses choreographed dance routines for a Level 1/2 workout.

DANCE TRANCE This class is filled with fun!! Latin, Hip-Hop, And Funk moves come together to give you a flare for dancing.

FLOW YOGA Link breathing techniques to movements that flow from one pose/asana to the next, .builds flexibility, stamina, balance and strength. Prior yoga needed.

INTERVAL This class will use combinations of step, weights, hi-lo, and double step to give a high-energy workout.

KICKBOXING./TURBOKICK This fun class incorporates martial arts moves with boxing to provide a challenging aerobic workout.

PILATES Non-impact exercise program concentrating on core strength as well as upper-body & lower-body conditioning.

STEP This is the ideal workout for anyone who enjoys various ways of stepping.

39 & HOLDING This class provides a mild cardiovascular workout incorporating weight training & flexibility exercises. Movements are simple & easy on the joints.

WAIST UP This class will work your upper body using various pieces of equipment.

YOGA & REFLECTION Warm up with dynamic moves for strength and flexibility. Cool down with breath work and reflection.

ZUMBA This is a fun filled class that will make you laugh, sweat and learn a new Latin step.