20 / 20: 20 minutes of heat pumping cardio and 20 minutes of muscle toning strength training. Keep up your daily dose of exercise with this quick routine in between classes.

Abs Blast: Looking to strengthen your core? Stop in and join us for this 30 minute workout to strengthen your abs. And trim your tummy.

Abs & Ends: Attend this 30 minute class to learn the greatest ways to work your obliques, abdomen, lower back and glutes. Create muscle tone and balance in all your abs and ends.

Abs For Lunch: What’s on your lunch menu? Join us for a 30 minute abs and back only class that will leave you coming back for seconds.

Abs of Steel: It’s a bird, it’s a plane, no it’s “Abs of Steel.” Come to this core strengthening class that will implement not only the core muscles, but overall health and injury prevention. The focus will be on the upper and lower abs, obliques, back muscles, and hips and glutes for balance development. Now let’s fly! All fitness levels welcome.

A.M. Boost: This early morning cardio/toning class will help give you the energy to get you through the day. Wake your muscles up and get moving!

A.M. Boot Camp Express: Jump-start your morning with a great full body boot camp workout! A.M. Boot Camp Express will incorporate different high intensity training styles and leave you ready to tackle the rest of your day! Equally challenging for the fitness enthusiast and the fitness first-timer.

Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Athletic Conditioning: Whether you are an athlete, were an athlete or train like one, this class will prove to be the coach you’ve been looking for. Similar to boot camp, this class will be a tough, athletic workout to get you in shape for any activity.

Back-2-Abs: This 25 minute core intensity class focuses on strengthening the abdominals and lower back muscles to help balance your core. All fitness levels are welcome.

Ballet Fit: Ballet Fit is a total body toning class that integrates ballet-oriented moves and provides an
Ballet Fusion: Uses the foundations of dance to create a total body workout. Work up a sweat while toning and strengthening with body-weight floor work utilizing fundamental ballet moves. No dance experience needed.

Ballet Tone & Sculpt: Ballet Tone & Sculpt uses the foundations of dance to create a total body workout. Work up a sweat while toning and strengthening with body-weight floor work utilizing fundamental ballet moves. No dance experience needed.

Beginner Step: Beginner Step is a great workout where you learn some basic steps while getting a solid workout. If you are new to step class, join in and we’ll get you ready to step it up!

Bedtime Yoga: Come with your PJ’s on and be prepared to relax. Looking for a release from the stress of school or work? Bedtime Yoga will help you think clearer, relax your body, and bring mental peace. Everyone is welcome to attend this restorative, breath focused practice.

BodyMax Boot Camp: Getting into shape just got serious. This class features cardio portions mixed with a variety of strength training exercises for total body conditioning. If you are looking for a bit more from your workouts, this is for you! All fitness levels welcome.

Booty Sculpt: Booty Sculpt is a fun booty-toning workout that integrates a variety of exercises specifically targeting the glutes. This 30 minute class will give your booty a serious lift. All fitness levels are welcome.

Body Sculpt: Using a combination of equipment and exercises to tone your arms, legs and core muscles, this class will give you a workout using high repetitions and low weights for ultimate body sculpting.

Boot Camp: Boot Camp is a tough total body workout that reaches all the major muscle groups and adds in a little kick to keep you on your toes. Boot Camp is a great total body workout if you are up for the challenge.

Bosu Balance: Try this new class that will focus on increasing your core strength incorporating balance and stability. The Bosu ball provides a challenging but fun fitness experience.

Bosu Bounding: Bosu is a cardio and strength class designed to give you a full body workout while adding some creativity. Bosu bounding will be a tough one hour class using Bosu balance trainers to get you moving.

Bosu Express: Try this new class that will focus on increasing your core strength while challenging
your balance and stability. This workout will be a challenging and fun experience. All levels are welcome.

**Cardio-Box**: Learn the basics of boxing while getting a great cardio workout. The class is taught by a certified boxing coach to help you with technique and cardio endurance. This class is suited for beginners as well as an experienced audience.

**Cardio Combo**: Take this class to give you the variety of using steps, jump ropes, ladders and cardio moves. If you're tired of running on a treadmill and love to mix things up, get to Cardio Combo for your workout. Learn new moves that are fun and guaranteed to make you sweat.

**Cardio Funk**: Get your heart pumping and your body moving. With a combination of creative cardio exercises and funky dance moves, this class is sure to make you get down!

**Cardio Kick**: Cardio Kick is a one-hour class that will take you through punches, kicks and combinations to give you a full body workout. Cardio Kick is a great way to get the stress off your shoulders and feel great!

**Cardio-Splash**: Enjoy the water but tired of swimming laps? Come to this late morning class for some cardio and toning. This class will incorporate the lazy river, water weights and other added resistance to increase intensity. Jump in and see what the splash is all about.

**Circuit Class**: This is a class let by certified personal trainers. They will take you through a workout that will integrate strength, cardio and flexibility.

**Cardio, Strength, & Interval (CSI) Express**: Need a quick but efficient cardio session? This challenging class provides a great full body workout as participants continually move through a series of exercises designed to elevate the heart rate and challenge the muscles. Exercises may include, but are not limited to BOSU, jump ropes, weights, bars, and medicine balls. This class is perfect for a quick lunch or an after work ‘get it done’ session. All fitness levels are welcome.

**Core N' More**: Tired of the same strength training exercises? Core N’ More is a 30 minute workout designed to tone your core, legs, and arms using a combination of resistance and body weight exercises.

**Core Power**: The name is both a description and a goal! This is a 30 minute class which focuses on building core strength, endurance, and flexibility. Challenging exercises will target the lower and upper abdominals, obliques, back, and glutes.

**Cycling**: Come ready to sweat in this indoor cycling class. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Cycling will target the lower body and give you a workout you will not expect. No experience necessary. All levels are welcome. Remember to bring a towel and
Cycling & Abs: Having trouble making up your mind? You don’t have to as we combine two styles of workouts in one class. Begin with 30 minutes of cycling followed by 30 minutes of good solid abs work.

Cycling & Toning: Love cycling but need some strength in your routine? We have the perfect solution! Spend 30 minutes cycling away and finish with upper and lower body toning exercises.

Dance Crave: Sweat to the beat in this fun, energetic cardio workout. Dance Crave incorporates dance moves and combinations to get your heart pumpin’ and your feet stompin’. Hustle on over and have a good time! No dance experience needed.

Dance Mania: Sweat to the beat in this fun, energetic cardio workout. Dance Mania incorporates dance moves and style combinations to get your heart pumpin’ and your feet stompin’. Hustle on over and have a good time!

Deep Dynamics: Deep Dynamics is a cool way to get fit that works the entire body using deep water exercises. This class uses water resistance to help increase strength and give you a great cardio workout.

Deep Stretch: Relax and unwind after a long day with Deep Stretch. Join Marie for a 30 minute series of stretches that release tension and relax your muscles from head to toe. Stretching prevents injury and improves performance by increasing flexibility and balance. The perfect way to complete any workout!

Evening Yoga: Ready to unwind after a long day? Evening Yoga is the place to be! This mind-body workout will improve your flexibility and strength while also creating a relaxing and comforting atmosphere. Yoga is a great workout that will leave you feeling relaxed and stress-free.

Focused on Fit: Learn various workouts and exercises that you can take home with you! This class will include fitness equipment such as resistance bands, exercise balls, jump ropes, dumbbells and other equipment that are affordable at your local store and can easily and safely do at home or in your dorm room! This class will also cover workout options while traveling! This class is for all levels of fitness. Let’s get Focused on Fit!

Functional Movement & Stretching: Functional movement exercises train muscles to help do everyday activities safely and efficiently, improve balance, agility and muscle strength. Because stretching can improve flexibility and range of motion in your joint, this is a great class for strengthening injuries for all ages!
**Getting’ Jiggy w/ Joey:** Get JIGGY with it to the latest hip hop beats! This Hip Hop class will leave you thriving for more, with easy to follow dance moves and non-stop fun! All experience levels are welcome and encouraged to attend. No previous dance training is required.

**Groove and Grind:** This NEW hip hop class will explore a different side of fitness. Prepare to flirt your way fit through this dance inspired class.

**HardCORE:** The name is both a description and a goal! This is a 25 minute class which focuses on building core strength, endurance, and flexibility. Challenging exercises will target the lower and upper abdominals, obliques, back, and glutes.

**Have A Ball:** Get on the ball with your workout. This class will provide a total body workout using your body and the ball. Power Ball will increase your balance and stability by focusing on your core muscles.

**Hip-Hop:** Add some rhythm to your day by attending a hip hop dance inspired workout. This class will make you sweat to the beat and teach you some new moves. That are sure to get your heart pumping while the music is jumping.

**Hip Hop Hype:** This class takes standard hi/lo aerobics moves and gives them an urban flava. Set to the latest hip-hop music, this class will give you a workout with broken down choreography led by a trained dance instructor.

**H.I.I.T (High Intensity Interval Training):** This energetic class focuses on toning and sculpting your body into shape. The mixture of high intensity interval techniques will get your heart pumping and muscles burning for more. All fitness levels are welcome.

**International Dance Mania:** Sweat to the beat in this fun, energetic cardio workout. International Dance Mania incorporates dance moves and style combinations from around the world to get your heart pumpin’ and your feet stompin’. Hustle on over and have a good time!

**Jazz it Up:** Jazz up your exercise routines with the latest dance moves! This class will help keep you in shape while adding some funk to your day. Bring your moves and your jazz hands!

**Kick N’ Tone:** Kick N’ Tone is a total body conditioning class that combines kickboxing and sculpting moves with light resistance that will tone and sculpt your muscles while giving you a great cardio workout. Punch, kick and lift your way fit!

**Kick Axe Boot Camp Express:** Are you up for a challenge? This boot camp styled class will give you a full body workout no matter what your fitness level. Get ready to "kick axe" and push yourself to the max. Equally challenging for the fitness enthusiast and the fitness first-timer.
Kick, Punch & Crunch: With a mixture of kicking and punching! And core exercises this class will get your heart pumping. Fine-tune your kickboxing skills while adding some new moves along the way.

Meditation: This 25 minute class will combine gentle yoga poses and meditation practices including breathing exercises and guided visualization to relax your body and free your mind from the stresses of everyday life. You will leave feeling relaxed and calm from this stress-relieving class. No experience necessary.

Mid-Day Yoga: Take a mid-day break and re-energize for the rest of your day with a 45 minute Yoga class. This mind-body workout will improve your flexibility and strength while also creating a relaxed and centered mind.

Morning Boot Camp: Jump-start your morning with a great full body boot camp workout! Morning Boot Camp will incorporate a variety of different high intensity training styles and leave you ready to tackle the rest of your day! Equally challenging for the fitness enthusiast and the fitness first-timer.

Morning Yoga: Morning Yoga is the perfect way to start your day. Yoga promotes balance, mindfulness, strength and flexibility.

Morning Zumba: Wake up and shake up your start with Zumba! Zumba is a high energy dance class filled with a fusion of Latin and International music. Come and join the fun!

Nooner Yoga: Take a midday break and reenergize for the rest of your day with a 45 minute Yoga class!

Pilates: Tone up with a relaxing, muscle sculpting routine. Pilates will take you through body weight exercises to help increase range of motion, balance, flexibility and strength. Come get a great overall body workout while relieving stress.

PiYo Express: PiYo is a unique blend of Pilates and Yoga all in one, with a focus on strength and balance. The class uses dynamic movements that are set to music to create a new twist on mind-body formats. Modifications are provided so all fitness levels are welcome. This full-body workout will transform your body awareness, leaving you feeling stronger and more confident each time!

Plyometrics: This class is an explosive higher intensity class focusing on athletic movements designed to help you gain speed, power, and agility. All fitness levels are welcome.

Power Ball: Get on the ball with your workout. This class will provide a total body workout using your body and a stability ball. Power Ball will increase your balance and stability by targeting on your core muscles.
**Power Step**: This energizing step class is designed to make you feel liberated and alive. Power Step incorporates basic step combinations and fun for all fitness levels.

**Salsa Crazy**: This salsa class will give you a cardio workout utilizing salsa dance steps and routines. Enjoy learning something new while getting a good workout. No chips necessary for this Salsa!

**Sassy Sweat**: Sweat those abs into shape, sassy style! Sassy Sweat is a 30 minute cardio blasting workout which incorporates abdominal exercises, intervals, and flirty dance moves to get your core tight and right! So what are you waiting for, come try Sassy Sweat today! All dance and fitness levels are welcome.

**Sports Performance**: Sports Performance Training is a high intensity training routine that helps athletes achieve their desired performance goals. This class will aid in improving stability, balance, conditioning, speed, quickness, reaction, and other athletic abilities! No athletic experience is needed.

**Step it Up**: Step up to the challenge in this high intensity step class utilizing the latest step choreography to give you a full body workout. Step risers and dumbbells will be available to personalize your routine with added resistance.

**Sunrise Body Blast**: Calling all early birds! Wake up and work hard in Sunrise Body Blast. This quick workout combines cardio intervals with resistance training to leave you feeling energized and ready to take on the day. Exercises may include, but not limited to, BOSU, jump ropes, weights, bars, and medicine balls. All fitness levels are welcome.

**Super Sculpt**: Using a combination of equipment and exercises to tone your arms, legs and core, this class will give you a workout using high volume, and low weights and intense cardio intervals suited for sculpting.

**Tone to the Bone**: This class will focus on toning and muscular endurance. Enjoy a class that has all the right moves to tone your body all the way to the bone.

**Trim-N-Tone**: Tone up with sculpting moves and exercises that will get you in shape! Trim and tone your body in this one hour cardio/strength class. For all fitness levels.

**Turbo Kick**: Turbo Kick is a one hour party that includes a combination of shadow boxing, kickboxing, sport drills, dance, yoga and a lot of attitude. With a mix of high energy combinations and music you love, Turbo Kick is always a BLAST.

**Vertical Challenge**: Try your hand at our Rockwall and see if you are fit enough to hang! This class will incorporate exercises and positions that will challenge your everyday muscles and wake up new
ones you might not know are there.

XtraStrength: Join our XtraStrength class to get you toned. Come ready to work those muscles! In this strength based resistance training class.

Yoga: Come get a mind-body workout while improving flexibility and strength. Yoga will give you a great total body workout that will leave you feeling relaxed and stress-free! While increasing your strength, stamina, and flexibility.

Yogalates: A fusion of the ancient discipline of yoga with modern pilates techniques. This class mixes both disciplines to develop core strength, tone muscles, increase flexibility, and reduce stress.

Yoga Beatz: Looking to mix-it-up from the same old Yoga? Come try Yoga Beatz! This song-based, intermediate-level, yoga class uses traditional yoga poses mixed with non-traditional music to create flavorful flows!

Yoga Axpress: Take a midday break and reenergize for the rest of your day with a 45 minute Yoga class. This mind-body workout will improve your flexibility and strength while also creating a relaxed and centered mind.

Yoga +: Do you consider yourself a more advance Yoga enthusiast? Try Yoga + for a more advanced Yoga experience. Students in this class should have a basic understanding of the breath and Sun salutations. Come and expand your knowledge of the poses and focus on strengthening your body and mind.

Yoga Flow: A multi-level strength based class designed to work the body to the core, helping to loosen the joints, and get the blood flowing. There will always be modifications, so you can work at the level best suited for you to enjoy a joyful stimulating experience.

Zumba: Zumba is a fusion of Latin and International music that features a high energy dance training to tone and sculpt the body. This "feel good" workout will leave you energized and ready for more.