

Class Descriptions - Group Fitness

SPINNING - This introductory class provides detailed information on bike set-up, pace, proper cadence and tension, and other key concepts to help participants get the best out of a spin class.

Cardio Boot Camp- Boot camp workouts are efficient because you work your entire body-- heart and muscles--by going from one exercise to another with no rest. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the in-

Weights Boot Camp—Boot camp workouts are efficient because you work your entire body-- heart and muscles--by going from one exercise to another with no rest. The workouts involve weights and resistance to muscles to overload the stimulus. You work, you sweat and, best of all, you burn calories like crazy.

Yoga - Enjoy a yoga based foundation with a twist of fitness. This class is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power. Yoga-Fit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.

Latin Dance Fitness - Latin dancing is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! These routines are perfect for those who want to learn Latin dance moves while burning calories. Classes will feature both low & high intensity workouts that is easy to follow. ZUMBA is based on the principle that a workout should be "FUN AND EASY TO DO!"

ZUMBA - Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! These routines are perfect for those who want to learn Latin dance moves while burning calories. Classes will feature both low & high intensity workouts that is easy to follow. ZUMBA is based on the principle that a workout should be "FUN AND EASY TO DO!"

TABATA (15 MIN WORKOUT) - A type of high intensity interval training created by Japanese researcher, Dr. Izumi Tabata. It is designed to push participants to their ultimate limit thus increasing metabolism, promoting strength and improving overall fitness. Total workout time is 16 minutes with a short warm-up and cool-down.

WOW (Workout on Weights) - This workout is a combination of weights, step drills, med-balls, and squats, broken up by bursts of high intensity cardio designed to you maximum sweat in minimum time.