

**BP (Body Power):** The use of various sizes of weights to gain muscle strength/endurance for large muscle groups. Overall conditioning.

**Buns & Bellies:** 30 minutes focusing on toning the lower body, legs, glutes, and buns followed by 30 min focusing on strengthening and toning the abdominal and lower-back muscles.

**Burn & Firm:** Strength training combined with segments of cardio to burn calories.

**Cardio-Kick:** A high-energy class combining kickboxing, dance, and martial arts which gives a calorie burning cardio blast.

**Beginner Bootcamp:** Challenge your entire body through weights, body weight exercises, and cardio movements. Low impact and great for beginners to advanced athletes.

**Bootcamp:** Advanced cardio workout designed to challenge beginners to advanced athletes. Incorporating box jumps, body weight movements, weights, and more!

**Pilates:** A core-stability, body-conditioning, mat-based class. Combines breathing, body alignment, and form to improve strength, flexibility, and posture. A stress-free union of mind/body.

**Pound:** An overall cardio and body-sculpting class. A rhythm-based class using drum sticks and mats.

**SS (Silver Sneakers):** Geared to people over 50 to increase muscular strength, flexibility, and functional skills for improving daily living. Incorporates, chairs, hand weights, tubing and balls.

**Silver Yoga:** A low-intensity mix of yoga, pilates, and stretching exercises combined with deep breathing and the use of chairs.

**Spin:** A high-energy class using stationary bikes and motivating music.

**Tabata:** 20 seconds of work followed by 10 seconds of rest repeated 8 times (one tabata). Class consists of a warmup, 9 tabatas, and a cool down. Aerobically and anaerobically challenging.

**Homeschool PE:** K-6<sup>th</sup> grade homeschool students will learn about nutrition and physical education while playing games and testing their physical abilities.

**Weight Interval:** Introductory weight lifting mixed with segments of cardio to keep up your heart rate while toning through weights.

**Kickboxing:** Learn proper kickboxing techniques from an MMA fight coach, be prepared to sweat!

**Hip-Hop:** A high energy dance class featuring hip hop music and dance moves.

**Cardio Dance:** A fun booty shaking way to burn calories and sweat away the stress & pounds!

**Yoga:** A class of postures to increase blood flow, balance, flexibility, strength, relaxation, and body-mind connection.