

WINTER 2022 CLASS DESCRIPTIONS AND PACKAGES

BODYPUMP!

Les Mills Original weight lifting class!

BODYPUMP a fast-paced, barbell-based 55 minute workout features ten tracks, each focusing on a different muscle group and is specially designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own. You can always expect a good dose of squats, deadlift, clean and presses, lunges and bicep curls. And more often than not, you will find pushups, chest presses, overhead presses and crunches as part of the mix too! **Only at Body Images!**

Mon/Wed/Fri	9:00am-10:00am
Wed	4:45pm-5:45 pm
Mon/Wed	7:00pm-8:00pm
Tue & Thurs	6:00pm -7:00pm

CARDIO/CORE/CHISEL – This 45 minute high energy heart pounding cardio circuit training class including plyometrics, conditioning training movements interspersed with resistance using bands, weights, bodyweight and sliders ending with 10 straight minutes of core, and of course, relaxing stretch to send you on your way, all levels welcome.

Monday/Wednesday 6:00pm – 6:45pm

FIT BOOTCAMP!

Need an extra push? Our boot camps are designed to keep you on your toes. We want to keep you guessing-each class is designed to be different and push you out of your comfort zone. We will challenge you every class. Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun-but be prepared for some high intensity training.

Saturday 9:00am – 10:00am

POUND A full body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, pilates and strength movements, plyometrics and isometric poses through continual upper body motion using our lightly weighted drumsticks, you will turn into a calorie torching drummer, POUNDING off pounds as each song flies by!

Tuesday 7:10pm – 8:00pm

MOVE IT, SHAKE IT, TONE IT!

This **low impact** class is designed for all ages and fitness levels. After warm up, we MOVE IT into cardio segments alternating cardio and strength and toning segments using 3-5lb handheld weights, isolating all major muscle groups. The SHAKE IT part is all up to you!

Tuesday and Thursday 4:45pm – 5:30pm

BARRE(NEW)

A 45 minute fusion of Ballet, Yoga and Pilates targeting all of the muscle groups while creating a well-balanced, long, lean and strong body. Set to a great musical playlist that is sure to inspire..

Saturday 8:00am – 8:45 am

UNLIMITED GROUP FITNESS PACKAGES

3 Month Package \$259.00

6 Month Package \$499.00

MIX AND MATCH PACKAGE

10 Class Package \$159.00 (expires after 3 mo.)

5 Class Package \$97.00

DROP-IN FEE \$22.00

Gift Cards Available at Front Desk