

## 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, deadlifts, clean and presses, lunges and bicep curls. And more often than not, you will find, chest presses, overhead presses, pushups and crunches as part of the mix too!

Mon/Wed/Fri  
Tue & Thurs  
Mon/Wed

9:15am-10:15am (New time)  
6:00pm -7:00pm  
7:00pm-8:00pm

**LET'S STEP! (NEW)** – A full body cardio workout that gets everyone from newcomers to fitness veterans energized. Basic stepping, just like walking up and down stairs, is the heart of this fun 45 minute class that will tone your hips, thighs and butt. This low-impact workout is for all levels of fitness.

**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 fun, high intensity, circuit 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!

**Monday 6:00pm – 6:45pm**

**POUND UNPLUGGED! (NEW)** is a class that balances focused, high-intensity movements with restorative stretches, rhythmic breathing and meditation. Using exercise drumsticks, the workout guides you through deeply intentional rhythmic journey designed to promote the health and fitness, mentally, physically, and emotionally .

**Saturday 8:00am – 8:45 am (Alternating Saturdays with BARRE)**

### 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 5:00 – 5:45pm**

### 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 (Alternating Saturdays with POUND UNPLUGGED)**

### 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 3mo.)

**DROP-IN FEE \$22.00**

**Gift Cards Available at Front Desk**