

WINTER 2023 CLASS DESCRIPTIONS AND PACKAGES

BODYPUMP! *Les Mills Original weight lifting class!* 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	9:15am-10:15am
Tue/Thurs	6:00pm -7:00pm
Mon/Wed	7:00pm-8:00pm
*Saturday	10:00am-10:45am (NEW)

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

CARDIO/CORE/CHISEL – This 45 minute circuit training class focuses on toning and conditioning your buns, guns and CORE. We combine the perfect blend of strength training exercises while scorching calories with short-burst cardio movements for maximum results. All fitness levels welcome...

Monday 6:00pm – 6:45pm

POUND UNPLUGGED! 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)

POUND AND PUMP! (NEW) A full body cardio jam session, combining light resistance with constant simulated drumming mixed with segments of weight training with hand-held dumbbells.

Friday 9:30am to10:15am

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! 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 \$279.00

MIX AND MATCH PACKAGE

10 Class Package \$169.00 (expires after 3mo.)

SIX MONTH GROUP FITNESS PACKAGE

UNLIMITED \$529.00

