

### **Club Hours**

**Mon-Thurs: 4:30am-11:00pm**

**Fri: 4:30am-10:00pm**

**Sat & Sun: 7:00am-8:00pm**

### **Kid's Club Hours**

**Coming Soon**

## **CLASS DESCRIPTIONS**

### **A STEP OR TWO**

Hold onto your minds for this step class which may involve the use of not just one, but two steps. A cool down and stretches will conclude the class.

### **CORE BOOT CAMP**

A 4-week session of core-centered training that uses a stability ball, dumbbells, step and bands. The class training focuses on "all" the abdominals, hip flexors/extensors, entire glutes, quads and hamstrings. It will start with a gentle introduction and progressively increase. A fun challenge for all levels.

### **FUNK FUSION**

Funky moves for your workout groove. This class combines the intricacies of hip-hop dance with the intensity of a cardio-funk workout that is fun, fun, fun.

### **GENTLE YOGA**

A gentle practice of the mind/body fundamentals of Yoga for the beginner and those needing a gentler Yoga workout.

### **HARD CORE CHISEL**

This class is a muscle conditioning class that incorporates movement for functional fitness. Weights are used in a cardio-intensive style that will get you fit for life. A class for all fitness levels.

### **MAT PILATES**

This mat class, which is based on the Pilates Method, offers total body conditioning that develops mind and body uniformity while addressing balance, strength and flexibility with focus on the core, "the powerhouse".

### **PUMP, PUSH & PULL**

A body sculpting class that uses free weights and body weight to strengthen and tone the muscles. Abdominal work and stretches are included.

### **STEPPIN' IT UP**

This intermediate to advanced class combines various stepping patterns for a high intensity workout that is fun, fun, fun. A cool down and stretches conclude the class.

### **20/20/20**

A class that gives you the best of three workouts: low impact aerobics for cardio, weights for muscle conditioning, and abdominal work with stretches.

### **WEIGHTED WORKOUT**

Warm up and the heat is on. This class is all about weights and strengthening and sculpting of the muscles. Abdominal work and stretches are included.

### **WORKSHOP YOGA**

A yoga class for those with experience who want a more in-depth approach to various yoga styles/poses.

### **YOGA**

Balance your mind and body using various styles/disciplines of Yoga to increase strength, endurance and flexibility. This class is for all fitness levels and will invigorate the body while calming the mind.

### **YOGA-LEVEL 1**

An intermediate level class which uses various styles/disciplines of Yoga to increase strength, endurance and flexibility.

### **YOGALATES**

A class that combines various styles of yoga with mat pilates to balance your mind and body and strengthen your core.

### **ZUMBA**

Zumba is a Latin-inspired, calorie-burning, feel-it-to-the-core dance-fitness party that leaves you feeling energized and exhilarated. This is a class for all fitness levels.