

Class Descriptions

- **Awesome Abs** – 30 minutes of abdominal, and waist crunching moves ! Get the midsection muscles, stronger and tighter , as you help protect your back !
- **Basic Training** – Just start slow, do toning , tightening, and strengthening exercises for your whole body, using dumbbells, bands and other equipment. No experience necessary !
- **Boot Camp** – Anything goes....from stepping, running, jumping, rowing, lifting, and pulling. Interval training, (switching through a series of challenging exercises) designed to push you a bit farther than you ever would alone. Lose body fat, increase cardiovascular efficiency and increase strength. **Definitely not like any traditional fitness class ! You never know what to expect.**
- **Caribbean African Latin Workout** – Low impact, high energy, challenging, aerobic dance workout that is fun for everyone. A one of a kind exercise experience, that targets your cardiovascular system and works to improve your fitness level, while burning calories, as you move to a blend of Latino, Africano and Caribbean music.
- **Cardio X-Training** – High intensity, fat burning aerobic training which varies between kickboxing, latin dance, classic aerobics and step. Get in on the action, move that body and have fun !
- **Cardio Kick** – Burn, tone muscles, with moves taken from classic boxing and kickboxing. So, kick, punch, burn calories and release your stress ! ☺
- **Fit Ball Sculpt** – Improve your balance and work your core and muscles continuously, as you balance on an inflatable fitness ball, doing a multitude of exercises to strengthen and tone your entire body!
- **Interval Training** – Short interval high intensity cardio training, to burn calories while changing exercise stations, using a variety of equipment and The Step. Come join us for some Fat Burning Fun !
- **Pilates** – Mind, body exercises evolved from the principles of Joseph Pilates, that involve the focus of breathing, your spine, core training to build strength, flexibility and agility to prevent injury. The result of pilates training, with the pilates ring, is a balanced body, which is strong and supple, with tight abdominals, balanced legs and a strong back.
- **Rumba Dance** – Dance your way to better health, increase your stamina, get more energy, as you burn calories and have fun !
- **Spinning** – A challenging cardio workout, on a stationary cycle. Visualize and pedal as if you were climbing hills, sprinting down roads, riding on flat terrain at varying intensities, as your instructor motivates and inspires you. **PLEASE CHECK OUR SECHEDULE AND CALL AHEAD, TO RESERVE A BIKE !**
- **Step** – Step your way to cardio fat burning fun ! Using a platform, and/or risers, you will step up and down, over the top, corner to corner in many challenging patterns and combinations. Burn calories, increase endurance, tone your legs and buttocks and strengthen your body. Step Up and Go !
- **Super Sculpt** - Tone, tighten and strengthen your whole body, working all your major muscles, arms, back, legs, hips, thighs, and abdominals, using different types of resistance. (rubber bands, body bars, & dumbbells)

- **Yoga** – Relax your mind and body through flowing poses and breathing. Promote better posture, flexibility, suppleness, and strength as you allow yourself to be peaceful and calm. Forget the Stress of Life for a little while !
- **Zumba** – It is a latin inspired dance – fitness class ! Dance that body to better health and come join the dance party as you burn calories !

What are you waiting for ? The time will never be perfect! Stop procrastinating and start finding time for YOURSELF ! Join in on any of our classes and do what you can.