

## CLASS DESCRIPTIONS:

**Body Sculpt:** A full body workout that focuses on muscular strength as well as muscular endurance. High repetitions using handheld weights and/or resistance tubing will increase definition without building bulk. This is a non-cardiovascular class focusing on muscular conditioning. All levels welcome.

**Cardio Circuit/Step Circuit:** Make the most of your one hour workout with this class with intervals of step/low impact and weight-training. While building muscular strength and endurance you also get your cardiovascular training all at the same time! There are modifications for all exercises so all levels are welcome to join in.

**Cycle:** This is an aerobic class that takes place on a specially designed stationary bicycle. As you pedal motivating music plays and the instructor guides you through a series of hills, sprints and jumps. Regardless of your fitness level you can finish this class by adjusting your pace or the tension knob on the bike

**Dance Fusion:** A fusion of dance styles mixed with low impact aerobics for a creative cardiovascular class. Fun for everyone!

**Intensati:** Intensati is a revolutionary high-energy cardio workout combining aerobics, martial arts and endurance principles with positive affirmations. A practice for your body and heart.

**Latin Rhythm:** Move your body to latin rhythms for a fun low impact workout. This class will improve your cardio fitness and co-ordination.

**Low & Sculpt:** A fun workout designed to improve cardiovascular fitness with 30 to 40 minutes of high- energy routines followed by strength training exercises.

**Pilates Mat:** Based on the teachings of Joseph Pilates, this mat pilates class is a full body workout focusing on core training, posture and alignment. Slow progressive exercises work strength and flexibility in a balanced routine for the mind and body.

**Step:** A high intensity cardiovascular workout using the Reebok step. The platform can be adjusted to your fitness level. The class includes 30 to 40 minutes of stepping followed by abdominal exercises.

**Step & Sculpt:** A well- rounded workout performed on the Reebok step with 30 to 40 minutes of fat burning followed by muscle toning exercises.

**Stretch:** A one hour class designed to increase flexibility, improve sports performance and reduce the risk of injury.

**Strong Women:** A class designed to make strength training accessible to those who are new to muscle conditioning. Simple, strong moves are used for a full body workout that focuses on muscular strength and endurance. You can modify the workout by using lighter or heavier weights. All levels are welcome.

**T.B.C:** A 30 minute intense , full body workout incorporating strength training exercises for the whole body with aerobic intervals. For the beginner to advanced student.

**Yoga:** A challenging workout using static and fluid postures to increase your flexibility and maintain range of motion in your joints. This class creates a stronger body while releasing stress and tension. All levels welcome.

**Zumba:** A class that combines high energy and motivating music with unique moves and combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The “feel-happy” workout that is great for the body and mind.