

### CORE AND MORE

Targeting your entire core, including back and abdominal muscles. A strong core leads to a strong, healthy body that will be less prone to injury. This class is a wonderful complement to all group fitness classes.

### GRAVITY STRENGTH

These exciting strength classes are held on our Gravity trainers. Gravity trainers are the commercial line of the popular "Total Gym." Gravity Strength will heat up all the major muscle groups for an incredible total body workout. Each participant works at his/her chosen level of resistance. Participation is limited to 10, so come early. Build total body strength in this cross-fit style workout (WOD) by learning how to safely lift weights and build your functional fitness!

### ZUMBA

This fun and easy to follow cardio dance class combines high-energy and motivating Latin music with unique combinations that make you feel like you are on the dance floor. We promise, exercise has never been so fun!

### CYCLE

An indoor adventure on a stationary bike to simulate a real road experience. You will experience interval training that incorporates hill climbs, flat roads and speed work. Heart rate monitors are recommended.

### SCULPTING YOGA

Seamlessly linking breath and movement, yoga keeps you present as you learn to move gracefully in and out of poses. Yoga will build confidence and help you stay present and centered. Flowing around the obstacles that come your way, this energetic practice will empower you with the strength to face anything. When yoga meets weights, a new workout is born! You'll combine free weights to intensify traditional yoga poses and cardio to build strength, flexibility, and endurance in this unique practice. Suitable for all fitness levels.

### YOGA

Uniquely linking together one posture to the next in a smooth, controlled flow. Breathing and movement come together to create heat in the body that leads to increased circulation and concentration. This practice teaches you

to breathe and helps you feel more comfortable in your practice.

### ZUMBA

Slipdown Cardio Dance class for only 30 min! Get active with this dance fitness workout. Zumba combines high-energy, motivating Latin music with unique moves that are fun and easy to learn.

### FUNCTIONAL FITNESS

This exercise helps you with everyday activities, like getting up off the floor, carrying heavy objects, and putting something up on a shelf. By strengthening the muscles in the same way you would need to use them for certain tasks, it reduces your risk of injury and increases your performance.