

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO KICKBOXING (Pam): Learn how to perform punches, kicks, knee strikes and block techniques with proper form. Body weight exercises for strength . A cool down and stretch segment. All with modifications as needed.

MOMMY BOOTCAMP (Sharon):

45min. Great for all fitness levels. Fun, yet challenging full-body workouts that are designed to improve your overall fitness- strength, cardio, agility, and endurance. Kids welcome.

REFIT (Cara and Donna): REFIT® is a group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. The easy-to-follow class is perfect for both beginners and fitness enthusiasts, designed for everybody and *every body*—regardless of age, shape, size or ability.

ZUMBA (Elizabeth): Fun, high-intensity dance cardio class.

LEGS/BUMS/TUMS (Sharon):

45min. All fitness levels welcome. Tone your thighs, tighten your bum, and firm those abs as this class focuses on just your lower body. Feel the burn and achieve results.

MORNING STRETCH YOGA (Cara):

Start your morning off right with a yoga class focused on flexibility. Proper form will be emphasized and explained to ensure the safety of participants. You'll leave relaxed and ready to face your day.

SPIN (Robert and Sara):

Indoor-cycling aerobics class focused on endurance and strength.