

**Ultimate Abs:**

A fitness class designed to strengthen the stabilizer muscles in your abdomen. Ultimate Abs will focus on back and abdominal exercises, improving your posture and maximizing core strength.

**Stretching & Toning**

A class to help you learn simple techniques of stretching to help you loosen your muscles and help you tone them as well, with toning techniques that you can use in your regular work out routine.

**Jump It/Pump It:** An emphasis on jump roping for that cardio burn, which is great for people who want a quick workout with the same benefits, while correlating various polymetrics to hit the major muscle groups.

**3B Back, Butt, Belly:**

Works with each one of these elements by using different activities and moves to work each one of these as a group or individually. It helps to work each one by toning and sculpting each of these areas.

**Basic Stretching:**

This class works to teach you basic stretching moves to help you warm up and cool down for a regular workout. And it also uses resistance bands to help you have a resistance while doing moves to help loosen your muscles and help to tone them as well. You can learn basic moves to more advances techniques.

**Cycling:** Indoor cycling combines basic cycling movements with motivational coaching from an instructor. It offers an excellent cardiovascular workout along with many of the other benefits of jogging, without added stress on joints. Any fitness level invited to participate at your own pace.

**Yoga:** Adding yoga to your fitness routine can help improve strength and flexibility. It also creates a deeper connection between mind, body, and breath.

**Core:**

This class not only works on the main core part of your body, but works on your whole body muscles as well. It is a full body workout.

**Pilates:** A body-conditioning technique designed to stretch strengthen and balance the body. Aimed at building muscle strength and rebalancing the body. Excellent for improving posture, strength, and flexibility and aligning the body correctly. Also, teaches coordination, concentration, and control of the body.

**Kettlebell:**

Workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements.

**Mix It UP:**

This class is on a rotational basis where there are a few stations for you to get a good workout in by mixing it up and doing a different muscle group in each station at a short interval of time with a great out-

Patrons must show a valid membership pass to get into every session. Entrance is prohibited 5 minutes after the of start of each session in order to ensure that participants are sufficiently warmed up. All sessions are subject to cancellation due to low attendance.