**Group Fitness Class Descriptions**

**Kettlebells:** Kettlebells are unique and involve moves that will work the full body. There will be standard exercises like Swing, Clean press and Squats in addition to other movements that will increase the heart rate and ensure the use of all muscle groups.

**Pilates Core Strength:** Pilates is a form of exercise that aims to develop flexibility, good posture, strength, and balance all at the same time. It's good for anyone working on strength, grace and solid core.

**Yoga:** Is a relaxing method to achieve the benefits of health and fitness. You will be performing strong and steady movements while utilizing breathing techniques. You can achieve an improved sense of mind, body, and soul. Come to improve flexibility, reduce stress and tension, and improve energy.