

<u>Monday</u>
8:15am Strength & Tone
9:30am Triple Challenge
10:30am 15 minutes of Abs
10:00am Pilates (MR)
11:00 am Beginning Pilates(MR)
5:30 pm Step Interval
6:15pm Pilates (MR)
6:25 Strength and Tone
<u>Tuesday</u>
5:45am Basic Training Max
9:15am Strength& Tone w/Ab Blast**
10:45am Progressive Step
6:30 ZUMBA+
<u>Wednesday</u>
8:15am Strength&Tone
9:30am Step Circuit
10:00 a.m. Pilates (MR)
11:00 a.m. Beginner's Pilates (MR)
10:45 50+Power Class
5:15 p.m. Step
6:15pm Pilates (MR)
6:25 pm Step Interval
<u>Thursday</u>
5:45am Strength Circuit
9:15am Strength&Tone w/Ab Blast**
10:45am Progressive Step
6:30pm Strength and Tone
<u>Friday</u>
5:45am Basic Training Max
8:15am Strength & Tone Express*
9:00 am Basic Training Max
9:30am Kickboxing
10:00 a.m Advanced Pilates (MR)
10:45 ZUMBA+
<u>Saturday</u>
8:15 a.m. Kickboxing
9:25 a.m. Step Interval
10:30 a.m. Strength and Tone Express*

<u>CLASS DESCRIPTIONS</u>
Basic Training Max Getting back to the basics! This class incorporates a variety of high intensity, conditioning exercises that will not only challenge your physical strength, but your mental strength with added weights and abs at the end.
Cardio Challenge Everything from Step to Kickboxing to Circuit! This class will keep you moving with a variety of moves and fun!
Interval Class: We use a combination of weights and cardio to give you a high intensity cardio and strength training workout in one
Kickboxing A cardiovascular program that incorporates martial arts and boxing moves, followed by a muscle conditioning session.
Pilates A mat-based class which will teach you the fundamentals of body awareness. Advanced Pilates: A mat-based class which uses various equipment for a more intense workout.
Progressive Step This class will use one or two steps. We incorporate more choreography for a fun and energetic workout
Step This class incorporates the use of a bench to create a fun and exciting workout. It involves high intensity, creative moves that will keep you motivated till the end. This class is more for the intermediate to advanced stepper.
Step Circuit This class is a Circuit Training class that uses Step as the cardiovascular segment.
Step Interval This class uses step in combination with weights, bands or other forms of strength training equipment
Step & Sculpt A full workout that involves 30 minutes of Step followed by 20 minutes of muscle conditioning exercises.
Strength & Tone We use a combination of bands, dumbbells, body bars, stability balls, and our imagination to give you a total body strength training workout.
Strength & Tone w/ Ab Blast Our Strength & Tone class followed by 15 minutes of Abs.
Triple Challenge We use a combination of resistant training techniques with a floor and step style cardio
Zumba: Dance your way into fitness, Latin style.
50s Classes: Targeted for the older population. Increase your stamina and your endurance while meeting new people