

# CLASS DESCRIPTIONS

<b>ABS / ABS &amp; BACK</b>	A fifteen-minute abdominal workout to strengthen & develop a strong core stabilizer, which in turn improves posture. Lower back exercises are included in the ABS & BACK Class.
<b>ALL TERRAIN</b>	An extended more challenging ride (at least 60 mins.). Those with less experience should still attend however please modify your workout to suit your level of training. You can cool down & stretch earlier if needed.
<b>ATHLETIC YOGA</b>	Traditional yoga postures taken to an athletic level. For those who have been taking yoga and have experience with the postures. A more fluid movement from one pose to another. Sure to make you sweat!!
<b>BASIC STEP</b>	If you prefer a non-thinking workout or are a beginner to step who needs a less complicated routine then try this class. Patterns will be simple but you will get a great workout.
<b>BODY FLEX or Reebok Core &amp; Flex</b>	A muscle conditioning class designed to develop optimum strength needed in everyday life. Focus is on the major muscles to achieve maximum health benefits and a well-toned body. The Reebok Core Board increases balance, agility & increases functional strength and endurance.
<b>CARDIO STEP/ BOOTCAMP or CARDIO FLEX</b>	This class is formatted as a cardio "boot camp" which may include step drills, designed to help improve muscle coordination, balance, and agility through aerobic conditioning. Great for anyone who wants to accelerated their fat loss while building muscle endurance.
<b>KICKBOXING</b>	An awesome cardiovascular workout combining simple boxing moves, as well as kicking and martial arts to achieve fitness benefits. Some instructors may incorporate the use of bags for kicks and punches. Gloves or wraps must be worn for protection and support. All levels are welcome.
<b>MOVE &amp; GROOVE</b>	A high energy/ low impact aerobic workout combining Jazz and Hip Hop dance techniques. Great for all fitness levels and guaranteed to be fun & energizing.
<b>INTRO TO / BASIC PILATES</b>	The mat version of Pilates, designed for the individual who has not tried Pilates or may want to fine tune their Pilates skills. This class will be taught in progressive style, adding new exercises weekly based on the progress of the individual, preparing you for level 1 "The Essential Level." No late arrivals will be permitted into class.
<b>ESSENTIALS PILATES</b>	Level 1 of the Pilates Mat series. Participants should have prior pilates experience or arrive 15 min. early for instructions. No late arrivals will be permitted into class.
<b>INTERMEDIATE PILATES</b>	The next level in the Pilates Mat series. Only participants who have done the essential classes will be permitted. The class will still be formatted to each individuals progress. No late arrivals will be permitted into class.
<b>PILATES MAT PLUS</b>	This is an essential level class taught at a constant pace. Participants must have experience to attend, there will be no pausing between exercises for explanations. Please see Kim for more details
<b>PURE CARDIO</b>	Hi/Lo to another level. A challenging cardio workout for beginners as well as the super fit. Simple choreography with options of high or low intensity. The ultimate cardio workout.
<b>SPIN®</b>	Motivated by the instructor and music, this 45 minute class will take you through a mind-body journey using our Schwinn stationary bikes. A must try for all levels of fitness.
<b>STEP</b>	A class designed for all levels . Choreography will be broken down for all to enjoy. Come in and sweat!
<b>STEP IT UP</b>	Designed to challenge the avid stepper. The choreography is more complex. Creative patterns, multiple options are demonstrated to meet the varying needs of the multilevel participants.
<b>YOGA &amp; YOGA 101</b>	A combination of strengthening postures, stretching and deep breathing results in an incredibly exhilarating yet stress releasing workout. Th result is an incredible body/mind workout.
<b>ZUMBA</b>	Blends hip shaking Latin dance moves with high energy aerobics for a new hot work out.