

BASIC TRAINING INSTRUCTOR- DANIELLE

This no-nonsense, back to basics class offers strength training, calisthenics and camaraderie using exercises from military training-push-ups, jumping jacks, crunches and running. This is a high intensity class with modifications offered. Challenge your body, push yourself to your limits, and reach your goals.

CORE CONDITIONING INSTRUCTOR- DANIELLE

CORE focuses on individual muscle strengthening and toning using weights & a stability ball emphasizing "CORE" stabilizing muscles. No Cardio exercise, but plenty of sweat. A well-rounded workout with a no-nonsense approach.

STEP OR NO STEP INSTRUCTOR-MISTI

A high energy, low impact cardio workout that is fun, safe and challenging for beginners and advanced. *Step is optional*

BODY TONING INSTRUCTOR-MISTI

Body conditioning classes designed to increase muscle tone while sculpting the body into the shape you want! Using resistance from equipment or body weight, the exercises are designed to target these areas.

ABS WITH ARMS/GLUTES & LEGS INSTRUCTOR-MISTI

An intense 30 minute body conditioning class designed to increase muscle tone and focus on these specific "trouble areas"

INTERVAL INSTRUCTOR-MISTI

A class to jumpstart your muscles into shape, build endurance, and burn calories with a combination of cardio and strength training. Interval training involves alternating high intensity exercise with recovery periods.

NEW!
TRIPLE THREAT INSTRUCTOR-HILARY

Triple Threat is a "mini sampler" class designed for anyone who wants a total body workout by focusing class into 3 main sections: cardio, strength, & core. Because of this specific format, the workout moves quickly from one section to the next allowing you to get your bang for your buck! This class is a great way to get your heart rate up, strengthen your body, & tone your muscles.

TURBO-KICK INSTRUCTOR-HILARY

A combination of intense kickboxing moves, as well as dance moves all choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense interval strength/endurance training,

ZUMBA INSTRUCTOR-MISTI

ZUMBA combines high energy and motivating music with unique moves and combinations that allow the ZUMBA participants to dance away their worries! Based on the principle that a workout should be "fun and easy to do" allowing ZUMBA participants to stick to the ZUMBA Fitness program and achieve long-term health benefits. ZUMBA is a "feel-happy" workout that is great for both the body and the mind!

PILATES INSTRUCTOR-DANIELLE

Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. The class combines mat work pilates with pilates based standing moves

YOGA INSTRUCTORS- JEANNIE/AMANDA

Mental flexibility, patience, adaptability, and the ability to handle stress are often cited benefits of yoga and meditation. Classes consist of warm-up, work, deep stretches & final relaxation. This enables students to feel the joy of movement & growth within a safe range

NEW!
HIP-HOP HUSTLE INSTRUCTOR-HILARY

For decades everyone has loved "the Hustle". Hip Hop Hustle is a dance class inspired by "the Hustle" brought to you in a hip hop format that anyone can do. No experience is required! It is designed for absolutely everyone because the moves are broken down & simplified making them easy to follow while having fun & transforming your body at the same time.

NEW!
BEGINNER/MODIFIED YOGA INSTRUCTOR-SAYRA

This class has been designed to create a comfortable environment to nurture the mind, body and spirit. It will focus on body alignment, development of strength and body awareness on a very basic level. The use of many props allows students to access poses even if there are physical limitations. Yoga is for everybody and every BODY. Beth Shaw (founder of YogaFit) has said, "If you can breathe, you can do yoga."

NEW!
NIA INSTRUCTOR-ANTOINETTE

The Nia Technique is a multi-level ability class for all fitness levels. Each participant will receive cardiovascular conditioning, increased muscle tone, flexibility, and the life-changing "joy of movement" experience that at times can't be captured with words. Best of all it's easy on all the major joints. More information available at www.nianow.com.

