

### **ABS BLAST**

A class devoted to strengthening the core muscles which consists of the abdominals and the lower back to improve posture, balance, and overall coordination.

### **BOOT CAMP (new!)**

This is the ULTIMATE interval class. Forget the tricky choreography of aerobics; this class is geared to give you a total body-conditioning workout without all the frill! We will focus on testing your strength and muscular endurance and push your anaerobic threshold by introducing plyometrics, coordination drills, and sports specific exercises.

### **BOSU BLAST**

A toning class with a twist! This class is designed to add functional training to your workout. The BOSU is designed to achieve balance more quickly, more safely, and more completely with an added challenge in core strength and stability.

### **BODY TONE EXPRESS**

A more condensed version of Body Tone—tone it all in 45 minutes!

### **CARDIO KICKBOXING**

Participants get a well-rounded and high intensity cardiovascular workout using kicks, punches, blocks, and more and will leave you feeling like a champ!

### **CYCLE TONE**

A challenging combination of indoor cycling and body tone. Great for building strength and endurance.

### **DEEP WATER FITNESS**

A challenging water workout in the diving well with flotation belt assistance and without any of the impact! Great for increasing muscle tone, endurance, and flexibility.

### **GET ON THE BALL**

A full body workout that utilizes the stability ball and medicine balls to strengthen all major muscle groups while integrating core stability.

### **GRAVITYblast (new!)**

30 minute strength classes that will strengthen one muscle group each week – for ex: glutes, core, lower body, etc. Each participant works at his/her chosen level of resistance, while enjoying the challenge and camaraderie of a group setting. **Max of 6 participants.** *First come, first served!*

### **GRAVITYgroup**

These exciting 45 minute strength classes heat up all the major muscle groups for a total body workout. Each participant works at his/her chosen level of resistance, while enjoying the challenge and camaraderie of a group setting. **Max of 6 participants.** *First come, first served!*

### **GRAVITYinterval**

A combination of strength and cardio, these 45-minute classes allows for **up to 12 participants** to use the GRAVITY machines, with different stations, to allow for

all participants to work at their own levels. The class delivers effective and efficient workouts and is particularly attractive to exercisers who want to combine cardio training with a fun, diverse strength workout.

### **GRAVITYpilates (new!)**

GRAVITY takes Pilates to the next level! These engaging new drop-in classes make Pilates more accessible to members. Offering traditional and evolved programs, this class overcomes strength and flexibility limitations and improves core stability, flexibility and control for all ability levels. **Maximum of 6 participants.** *First come, first served!*

### **H<sub>2</sub>O EXTREME**

Experience the benefits of this non-weight-bearing form of exercise by taking advantage of the water's liquid resistance power. This class is designed to improve your cardiovascular fitness and conditioning while increasing your endurance and burning calories.

### **INDOOR CYCLING**

Offered in the morning and afternoon, you can cycle your way through this intense indoor cycling ride of climbs, sprints, and flat roads in an upbeat and fun atmosphere while you control your own intensity!

### **PILATES**

Participants engage in a mental and physical workout that challenges the body and mind and results in a feeling of exhilaration and increased energy level of fitness. Class is designed to progress through a movement of exercises that strengthen the core muscles while improving overall posture, core stability, coordination and flexibility.

### **POWER YOGA**

This class is designed to train flexibility, strength, balance, and coordination. Based on the principles of Ashtanga Yoga.

### **RIDE-N-GLIDE (new!)**

If you're looking for an intense cardio workout while also enjoying the toning benefits of the GRAVITY machines, this class merges both cycling and strength intervals, allowing you to get an entire body workout in one hour. Spend half of your time on the bike and half on the GRAVITY machines, working at your chosen level of resistance. Taught by two instructors, this class has a **maximum of 12 participants.**

### **STEP-N-TONE**

A Step and Body Tone class all in ONE! Half of the class is devoted to cardiovascular work and the other half focuses on toning and strengthening.

### **20/20/20**

Triple the fun with three-20 minute segments of either step, hi/lo, funk, cardio kickboxing, or resistance training for a workout that has it all. Check out this energetic mix of cardio, strength, and flexibility that will leave you feeling invigorated, balanced and strong (cardio activity-type will vary each class)!