

<b>Class Name</b>	<b>Instructors</b>	<b>Description of class</b>
20/20/20	Cleet / Pat	This class consists of 20 minutes of low impact cardio, 20 minutes of resistance training, and 20 minutes of core & stretch.
Ballet Barre	Cathy	Utilizing a ballet barre to perform exercises to improve muscle tone, strength, & flexibility.
Breath Yoga	Sindi	Gentle style yoga learning breathing techniques & introduction to yoga poses designed to restore, refresh & calm the body, mind & spirit. Great for beginners & also experienced yogis & athletes looking for more balance, relaxing & stretching techniques.
Circuit Training	Jane	Body conditioning that involves endurance and resistance training, varying intensity aerobics, and exercises performed in a circuit format.
Fit N Fabulous	Sindi	Chair & standing exercises designed to increase strength, flexibility, and functional fitness. Plus low impact aerobics to increase mobility. This class will have you feeling Fit N Fabulous.
Fusion	Pat	Stability ball, Pilates, and Yoga collide for a full body, core strengthening and conditioning workout.
Kickboxing	Cleet	Kick your stress away! Build stamina, improve coordination & flexibility, and burn calories while building muscles with confidence! For ALL fitness levels.
Line Dancing	Lauri	A cardio class using choreographed dancing without partners set to various music genres.
Mobilinics	Glenn	Increase range of motion & flexibility for improved joint health, greater stability, & better conditioning.
Pilates	Pat / Cathy	Exercises based upon the principles of Joseph Pilates designed to strengthen the core.
Restorative Gentle Yoga	Sindi	Relaxing & restorative for the whole body, mind, & spirit. Great for all ages, genders, & those recovering from injuries or illness. No Yoga experience necessary. <b>MUST SIGN UP AT THE FRONT DESK.</b>
Senior Fit	Jane / Pat / Cleet / Sindi	Chair & standing exercises to increase strength, endurance, flexibility, balance & agility while getting a cardio workout & having fun. Pure low impact aerobics.
Spin Cycle	Jane / Sindi / Sheri	Indoor cycling on a stationary bike to increase cardiovascular ability & strength. Low impact, but very high intensity. Interval based, cardio ride that includes standing & seated climbs, sprints, jumps, & flat runs. <b>MUST SIGN UP AT THE FRONT DESK.</b>
Step & Sculpt	Cleet	One hour of cardio with weights, using the step for cardio & as a prop. Lots of sweating & strength training.
Stretch	Sandi	A Yoga based total body stretch incorporating Yoga straps & blocks. It is relaxing & re-energizing!
Super Saturday!!	Jane / Sindi / Cleet	Intermediate level class that incorporates cardio intervals & strength training using various fitness tools.
Tabata	Cleet	High intensity interval training. Each Tabata consists of 8 rounds of 20 seconds work with 10 seconds rest.
X - Strength	Patty	If it doesn't challenge you, it doesn't change you! Be prepared to work hard with barbells, dumbbells, bands, & your own body weight.
Yoga	Sandi	A series of yoga postures, breath control techniques & mental focus.
Yoga Flow	Sindi	Yoga poses & sequences designed to strengthen the core/body, create stamina, mental focus, & flexibility. Options for cardio & weights to increase intensity. Great for all levels, shapes, & sizes.
Zumba	Michelle / Sly / Lauri	Latin inspired dance fitness program that blends international music & steps to form a "fitness party". <b>**Our instructors are Zumba certified and ready to get the party started. Join us today.</b>