



# FITNESS CLASS DESCRIPTIONS

## **BodyFit**

BodyFit is a full body workout. It builds physical strength and mental strength. Lose weight, build muscle, and increase your endurance!

## **Cardio Interval Training**

This class provides various types of cardiorespiratory exercises mixed with strength training exercises. You receive the best of both cardio exercise and strength training.

## **Cycling**

This class provides various types of simulated indoor cycling rides and is designed to provide you a fun, yet challenging, workout. Burn an average of 600 calories per session!

## **High Intensity Interval Training**

This class consists of alternating intervals of High Intense Cardio activity and recovery periods. Get a full cardio workout plus an extended core workout.

## **Pilates**

Pilates is a low-impact exercise that strengthens muscle while improving postural alignment and flexibility. This is an excellent core workout. Improve abdominal endurance, flexibility, and balance.

## **TurboCore**

This challenging class targets the abdominals, back and hips. Learn how to effectively strengthen your core using proper form and technique.

## **Yoga**

This is a mind and body class that couples movement with breath. Through the holding of postures, this class allows you to slow down and center. The instructor guides you through various postures and poses leaving you feeling refreshed, centered and rejuvenated.

## **Zumba**

This class features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. Participants will enjoy a fun-filled cardio workout, burn a lot of calories and strengthen the core.

\*Classes are free. All classes except for yoga are approved for Fitness Improvement Program.