



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Evening Classes

CLASS NAMES AND DESCRIPTIONS

Ball: Increase your core stabilization, strength and balance by performing exercises using the Stability Ball and weights. This is a total body conditioning class with a focus on the abdominal and back muscles.

Bootcamp: A fun and challenging military style training session that includes both cardiovascular and strength drills. Exercises can be very high intensity or adapted to lower impact less intense options.

Chisel: Sculpt your muscles with this full body strength training class that delivers results. A variety of equipment will be used including your own body weight, barbells and plates and hand held weights.

Kick: This intense, high energy total body workout will have you punching and kicking your way into fantastic shape. You will improve your strength, flexibility, coordination, balance and cardiovascular fitness.

Pilates: Adaptations based on the original exercises of Joseph Pilates are designed to strengthen the abdominals and back muscles, develop joint flexibility and enhance posture in a series of non-impact movements.

Piyo: Fusion athletic workout which compines Yoga and Pilates as well as the principles of stretch, strength training, conditioning and dynamic movement.

Socasize: A creative blend of high and low impact aerobics, African and Indigenous Caribbean dance movements performed to Calypso, Soca, Zouk, Reggae music, and on occasion, drums beats.

Spin: Taught on Schwinn stationary bikes, this studio cycle class will have you climb, sprint, jump and train to incredible music and motivational instruction. These classes provide an intense cardio workout while still catering to participants of all fitness levels. Our certified instructors will lead you through a challenging series of courses to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

Spin Warrior: A high intensity 90 minute workout designed as a 30/30/30 split... spin/bootcamp/spin. Cycle for 30 minutes, followed by an intense weight training circuit with 5-6 stations followed by another 30 minutes of Cycle. Get ready to work!

Yoga Flow: Integrate posture, breathing exercises, relaxation and meditation to harmonize your mind and body. Yoga is really about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

Zumba: Come sweat it out of the rhythms of Salsa, Merengue, Cumbia, Bachata, Reggaeton, Calypso and other Latin Beats. No dance experience necessary. Ditch the workout, join the party!