**CLASS DESCRIPTIONS**

**Abs:** A 15-minute class focusing on strengthening your midsection.

**Cardio Combo:** A combination of floor aerobics, step and strength. You choose the intensity.

**Step:** Increase cardiovascular endurance and strengthen your thighs, hips, and buttocks while stepping up and down on an adjustable platform. High intensity; Low Impact.

**Step Interval:** This class alternates cardio on and off the step: 4-6 minutes of stepping with intervals of plyometrics, jump roping and/or sports specific drills (1-2 minutes).

**Pilates:** (puh-LAH-teez) A method of physical and mental conditioning that develops strength, flexibility, and balance. Pilates improves posture, increases core (torso) muscle strength, and enhances body awareness, all of which benefit our daily activities. *Additional fee required for this class.

**Spinning:** Geared for the novice and athlete alike; spinning is a group stationary cycling class using a specialized bike. You decide how tough or easy class is by adjusting the intensity of your resistance knob.

**WWS (Weights with Stability):** This class is designed to develop balance and stability while strengthening muscles and increasing muscle endurance. A variety of equipment may be used in this class including hand weights, elastic tubing, and Resist-A-Balls.

**Yoga:** Yoga releases tension, opens physical and emotional blocks, and focuses the mind. If you’d like more energy, a stronger and healthier body, and to live with increased awareness, give yoga a try. *Additional fee required for this class.

**REMINDERS:**
- Please plan to be at class on time. The warm-up is an important part of the class and aids in the prevention of injury.
- Enter the classroom only after the previous class has finished.
- Prior to the start of the class, let the instructor know of any injuries or conditions that may require modifications.
- Exercise at your own pace and drink plenty of water before and after the class.