

CLASS DESCRIPTIONS

Club Hours

Mon-Thurs: 5am – 10pm

Friday: 5am – 8pm

Sat: 8am – 6pm

Sun: 10am – 6pm

Boot Camp- WE WANT YOU!! This is a high energy, muscle pumping, calorie crushing explosive workout that incorporates step drills, plyo-metrics, jump rope drills, and easy to follow boxing drills. Boot camp is easily modified to suit all fitness levels.

***Kinetic Express**: Stuck in a rut...then this is the class for you! With over 200 different exercises you'll never repeat the same workout twice. Using the principles of functional training, and you'll not only improve muscular endurance, balance, and stability, but INCINERATE CALORIES in just 30 minutes! You'll be amazed at the improvement in your range of motion (ROM) in just a few weeks. Take this class once and you'll be hooked! Welcome to the future of Fitness!

***Cycle**: As you pedal, energetic music shakes the walls while the instructor motivates you through a visualization of a rigorous outdoor cycling workout: During the class you vary your pace and alter the tension to burn 100's of calories and sculpt rock hard legs.

Iron Works: A progressive strength training class designed to produce maximum results. Barbells, hand-weights, and other various modalities are used during this workout to enhance muscular strength and fitness. Come define yourself. All fitness levels welcome.

Iron Intervals: This class is designed to challenge your cardiovascular system as well as increase muscular endurance and strength. Intervals of cardio drills and strength training will make this 60 minute class fly by.

Extreme Core Conditioning: This aint your momma's abs class! Sculpt rock hard abs through a series of integrated, functional movements, using both your body and weight resistance.

Extreme Abs: 30 minutes of intense abdominal work. Chisel your Abs and look the way you've always wanted in this non-stop, fast paced sculpting class!!

Body Sculpt: A full body strength training workout that is focused around proper form and technique. Each class is centered around a particular muscle group and will definitely round out your group fitness experience. Step outside the box and join us for this highly effective and educational class. This workout is easily tailored for desired intensity. All levels welcome.

Lower Cuts: Strictly lower body. This classes focuses only on strengthening and developing the lower body (quads, hamstrings, glutes, inner/outer thigh and calves) muscle groups.

Upper Cuts: Strictly upper body. Through a series of push-punch-press, our instructors will show you how to tone those trouble areas while burning calories and sweating away the pounds.

Cardio Kickboxing: Is an addictive cardiovascular workout that combines shadow boxing, kickboxing, sports drills, dancing, and basic aerobic moves to melt away those unwanted pounds and sculpt hard muscle in an interval based class that allows participants of any fitness level to participate. Come get crazy and get in shape with this class.

Zumba®: Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Aqua Moves: This is a non-impact class performed in shallow water. Movement will focus on Range of Motion (ROM), Balance, Coordination, and Flexibility. The workout will consist of segments of cardio and resistance training. Come join us in the pool for this low risk, high benefit form of exercise! This workout is suitable for all fitness levels.

Pilates Stretch: Learn to control your body, mind and spirit through a series of slow stretching and posing. Find that connection between your mind and body as you improve your flexibility, balance and engage your core for one of the most relaxing workouts you'll ever experience. Watch the stress and fat melt away.

Hip Hop Hustle: a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge! Requires NO previous dance experience.

Step Express: An intense aerobics class using an elevated Step. Step aerobics burns 30 - 60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and buttocks

Classes are designed for all levels unless otherwise indicated