



CLASS DESCRIPTIONS

- ARM BLAST!**- 30 minutes of bicep, shoulder and tricep work! Build strength and become tank top fit!
- BOOT CAMP**- Drills and thrills by the minute! This is a high energy, high intensity workout! Push-ups, sit-ups burpies and more for a good old school style calorie burner! Water is mandatory!
- BOOTY BARRE**-The ultimate lower body cardio workout! **No dance experience required!** Start with a slow flow warm-up into an energetic lower body challenge! Your heart rate will raise as you plie, kick, and engage in explosive cardio blasts! Bring water and a towel!
- CARDIO KICK-IT!**- This is a great all in one workout! You will combined rounds of cardio kickboxing with rounds of energetic body sculpting favorites!
- COSMOSIZE (Cardio strength training)**-Train like an athlete using medicine balls, tires, sleds and more! Maximize fat loss and caloric expenditure! BRING WATER!!!
- CYCLE**- This class is a major calorie burner on a stationary bike. Beautiful scenery from all around the world on a big screen brings your ride to life! Water and a towel are a must.
- DYNAMIC SCULPT & CORE**- This *new* energetic sculpt class will boost your metabolism as you work through a series of multi-joint (compound) exercises using weights, bands, bars and your body! Class will end with cutting edge core work for a complete workout! Bring water and a towel. All levels welcome.
- FIT TO FUNCTION!**-This cutting edge, metabolic, high intensity interval class will maximize aerobic and anaerobic capacity! Maximum fat loss and strength gain! Bring water and a towel.
- KICKBOXING**- Punch and kick your way in to great shape in this energetic cardio class! Bring water!!!!
- LEARN TRX**- In this class you will learn the basics of the TRX Suspension Trainer, one of the hottest fitness trends ever! Each week a few new exercises will be introduced and you will take turns practicing on the TRX Suspension Trainer. The club will be providing the TRX for this class. If you have your own TRX please bring it with you! All levels welcome!
- LEG-O-LICIOUS**- Get your summer legs! An endurance based lower body workout that will lunge, plie' and hop your legs to their absolute best!
- M.E.L.T**-Melt is a technique using a soft foam roller and small balls to directly effect your Neurofascial System (Nervous and Connective Tissue Systems). Because the health of our body depends on the health of these systems; learn how to tap in and enhance the Autopilot in your body. Also learn how to de-compress your low back, neck, and the joints in your feet and hands. Equipment is provided. Bring a mat and water. **FREE to Diamond Club Members \$5- with basic Membership- \$10 for non members.*
- M.E.L.T STRENGTH**-The MELT Strength techniques are specific to shoulder and pelvic girdle stability as well as spinal stabilization, core and ankle stability. The class will use multiple techniques using resistance bands, MELT Rollers, and body weight. Once a body is stable, improving standing mobility and movement efficiency can be more easily achieved. Bring water, mat and towel.
- PILATES** -A core-based workout to strengthen weak muscles and lengthen short muscles with an emphasis on breathing and posture.
- PILATES INSPIRED BARRE**- This is a standing Pilates style workout that will challenge balance, posture and muscular endurance in a slow flow, fashion. Start with a gentle warm-up, 15 minutes of mat work followed by Pilates inspired moves at a ballet barre to keep you on your Pilates toes!
- PILATES PLUS**-This class combines some traditional Pilates favorites with some creative and effective non-traditional postures.
- POWER PUMP!**-This class is a great all in one workout! You will combined weight training with some basic step work for a complete body blast!
- SPLASH!**-Jump in and enjoy! Get a great workout as you move through the water creating resistance for a total body workout! Great for rehabilitation! Located by Diamond Club.
- STEP FUSION**-Basic step moves, combined with muscle conditioning exercises, using weights, bands and much more for a great all in one workout!
- TRX TRAINING**-This class will push you to your limits! Navy Seals invented this device for their own personal training and it is one of the hottest fitness trend today! Every exercise incorporates core strength training and has a unique challenge of its own! To participate you need your own TRX Trainer. Come and observe a Monday 9:30am or a Thursday 9:30am class and receive details on how you can get started! This class meets upstairs. **Level 2** is intermediate/advanced.
- UP IN ARMS**-This class will give you the arms you have always wanted! Work those shoulders, biceps and triceps to perfection using various equipment. Ends with abdominal blast!
- YOGA- GENTLE**- Ideal for beginners build strength, increase flexibility and improve your balance through the centering practice of yoga. **THERAPUTIC**- A practice designed to restore health and mobility to hips, back, shoulders and neck. **FLOW**- Yoga postures connected through sun salutations. **LEVEL 1-2** a blend of traditional poses focusing on breath and movement, challenging yet user friendly. **Level 2- an introduction of basic backbends, inversions and arm balances.**
- ZUMBA!**- Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. You will have so much fun you won't even notice your working out! This class is a must try! Bring water.
- ZUMBATOMIC!**-Children ages 6-12 years will learn fitness dances, play fun motivational games and learn new rhythms and styles of music and culture. All classes are taught to not only cultivate individuality and creativity, but to develop leadership, respect, team work, confidence and responsibility! *January Special is \$19.99 per month Zumbatomic Kids Membership! Rates go up February 1st to \$24.99*



YOUR BODY IS A MASTERPIECE!

CLUB HOURS:
M-F 4am to Midnight
Sat. & Sun. 7am-8pm

DIAMOND CLUB HOURS:
M-F 4am-10pm
Sat. & Sun. 7am-8pm

BABYSITTING HOURS:
M-T 8am-noon 4pm-8pm
Fri. 8am-noon 4pm-7pm
Sat. & Sun. 7:30am to Noon

Try these "HOT" industry trends!



Booty Barre



COZMOSIZE!

New

