



B= Beginner I= Intermediate A= Advanced

Class Type	Description	Level
Spinning	Done with a fixed gear indoor bike, this class gets you “out on the open road” without having to leave the comforts of our Spinning room. Come ride to some thumping music, and crank-up the calorie burning!!!	B I A
Pilates	Pilates is a safe, sensible exercise system using a floor mat that will help you look and feel you’re very best. No matter what your age or condition, it will work for you. Pilates improves core strength, flexibility, and agility. It can even help alleviate back pain and other chronic ailments.	B I A
Strength Training	Have you ever thought lifting free-weights to music would be fun? This class will make you stronger than you’ve ever been without bulking up! Strength Training will help you lose weight, look and feel better! This class is for everyone!!! Especially men ☺	B I A
Yoga	Yoga is great for flexibility, balance, and de-stress at the same time you’re getting a great workout!	B I A
Spin & Strength	Great cardio for 25 to 30 minutes on the spin bike, time goes by super fast with great music! Grab those hand weights and work your biceps, triceps, shoulders, and don't forget those abs! We will finish with some stretching and cool down. So if you’re looking for a great combo class, then try this!	B I A
Crunch & Core	40 minutes of Abdominal and Core work – Come to work hard – This class will focus on strengthening your abs, back and core.	B I A
Zumba	Can you say swing those body parts? Come try one of the newest aerobic crazes that has been around forever. Latin dance in a class format. Fun, Fun, Fun!!!	B I A
Circuit	Combine both cardio and strength and you have our Circuit class. Always a sure fire workout for the whole body.	B I A
<u>Fusion Fit</u>	A fun conditioning class with exercise equipment (chairs, bands, balls, hand weights) for beginners & over 50 adults who want to improve their endurance, strength, and flexibility. Join the growing number of older adults who are actively demonstrating that exercise helps keep a body strong. Active people enjoy life more!	B I
Boot Camp	This 30 minute class is designed to increase overall fitness while simultaneously toning the body. Each individual’s fitness level is personally assessed & catered too. There’s no one to big, small, slow, or fast. It’s our goal to promote, establish, & demand the change you seek for both body & mind. NOBODY will be left behind or asked to complete more than they are capable of doing safely. Nor will anybody go home unchallenged! Men & Women of all ages and abilities are welcome to participate.	B I A
Cardio Line Dancing	Like the name implies...Line Dancing with a little flair! Come in and give the class a try. Sally makes the class easy to follow and FUN!	B I A