

GROUP FITNESS CLASS DESCRIPTIONS

EARLY-BIRD YOGA: This class will get your day off to a great start with relaxing yoga stretches that will help increase your flexibility

Great Ball of Abs/Killer Abs: These are two great abs classes to get your core in shape!

Pilates: This class is designed to strengthen your core along with increasing your flexibility and balance.

Flow Yoga/Power Yoga: This class will be using the basic yoga poses in a choreography flow from one pose to the next that will help you gain flexibility, balance, and strength at the same time.

Step it Up!: This has intermediate/advanced choreography step moves mixed with some basic toning as well.

Pilates: This class is designed to strengthen your core along with increasing your flexibility and balance.

YOGA TO THE CORE: This 40 min class will focus on exercises and yoga poses that strengthen the core muscles from the shoulders to the hips

BASIC STEP~N~TONE: This class is for the beginner step student great cardio workout mixed with some toning as well

TABATA: BRING IT ON!! This high intensity, very physical class is sure to burn you up!!! The drills are 4 minute intervals that break down 8 sets of 20 second movements and 10 second rest.

ZUMBA®: Latin dance high energy and motivating music with unique dance moves that allow the participants to dance away their worries and burn off up to 500 – 700 calories.

CARDIO HIP HOP: This Hip Hop class will sure get your heart pumping with all the fun hip hop dance moves mixed with cardio intensity moves as well...you will be sweating good time...

R.I.P.P.E.D.®:

R- RESISTANCE I-INTERVALS P-POWER P-PLYOMETRICS E-ENDURANCE D-DIET: it's the ONE STOP BODY SHOCK where you can burn off up to 700+ calories☺...this is a total body work out at which you will be using wts and resistant bands in class with a mix of kickboxing core training and stretch at the end. FOR ALL FITNESS LEVELS!!! **R.I.P.P.E.D.** FOR BEGNNERS will be the same but will be using more modified moves in this class

PIYO: This class has bodyweight strength based moves with Yoga and Pilates influence that is sure to make your muscles burn and make you sweat all at the same time. PIYO will also give you strength, flexibility, and get your core strong as well.

KETTLEBELL AMPD*: Kettlebell AMPD class will combine heart pounding music and kettlebell moves for a calorie torching workout.

RUMBLE/TABATA This class is a mix of two classes in one (see descriptions for each).. FOR ALL FITNESS LEVELS!!

AMPD POWER FLOW: This class is a Yoga base class with the usage of kettlebells and resistance bands to gain strength and flexibility in one class with radio hit music...

POUND: Is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums...

RUMBLE: Is an authentic, yet simple to learn, cardio mix martial arts program adapted for the group exercise environment. You will a weapon-the Rumble stick- which created a higher degree of training and is an extension of your body, which enhances spatial awareness and overall movement.

Rumble was created for EVERY body NO martial arts experience required...

Group Fitness Instructors:

Chris Chandler, Will Fiala, Lynette Gullett,

Betty Lewis, Mavis McCowan, Autumn Mastroianni, Ann Mosley, Nancy Robertson, Shonna Storze, Francine Southerland, & Katie Yondrick