

# Class Descriptions

**Back to Basics:** Have you always wanted to take aerobics but didn't know the basic moves? Then join us for a class that will teach you the fundamentals of our aerobic classes. This class is a great place to start or to start over.

**Body Sculpt:** This 40-minute workout brings the weight room to a traditional class setting. When you are serious about losing body fat, this is the class for you.

**Zone:** Station to station workout comprised of exercises utilized in the form the traditional step and/or athletic training categories.

**Yoga/Pilates:** Focus is on fundamental asanas (poses) and basic pranayama (breathing techniques), and the Pilates Method.

**Zumba:** This is a very dynamic and exciting class full of Latin and exotic music flavors. It is like no other workout you will ever experience! Ditch the workout-Join the Party!!

**Aerobic Cycling:** This 45-minute advanced indoor cycling regime simulates an outdoor cycling race performed through various terrains and at varying speeds. This class will bring out the champion in you and help you rise to new heights in overall health and fitness.

<b>GYM HOURS</b>	<b>CHILDCARE HOURS</b>
Monday-Thursday 6:00 A.M.-9 P.M.	Monday-Friday 8 A.M.-11 A.M.
Friday 6:00 A.M.-8 P.M.	Monday-Thursday 4 P.M.-7 P.M.
Saturday 7 A.M.-3 P.M.	Saturday 8 A.M.-11 A.M.
Sunday 1 P.M.-4 P.M.	CLOSED ON SUNDAY