CLASS DESCRIPTIONS

KICKBOXING—Intensity and Cardio. This class will help you lose weight, tone, and sculpt the body with basic kickboxing drills and body weight exercises. It is high energy and impact, using the body weight and movement to improve agility while going through basic moves with upper and lower body, and includes abdominal exercises that focus on the core.

ZUMBA FITNESS—Dance cardio exercise. This class offers an intense cardio workout using Latin and International music. It is an exhilarating, calorie-burning, body shaping dance class.

R.I.P.P.E.D. —Resistance, Interval, Power, Plyometrics, Endurance, and Diet. This class is a new and dynamic. It provides a complete body workout, including a personal focus on diet with the instructor. For further guidelines, go to Rippedusa.com. This class guarantees a great workout.

BOOT CAMP—Intense, intense, intense body workout. This class will help you lose weight, tone, and improve balance in one hour. An affordable personal trainer is available to give you just what you have been looking for.

CORE EXPLORATION—Stabilization endurance and focus. This class shows you the various ways to use your core during your workout. Through proper posture correction and vertebral alignment your core will be integrated more efficiently through your workout giving you better results in a shorter amount of time.

YOGA Calm and relaxing. This class combines the easeful and meditative teachings of yoga. In addition, it also uses the dedication to alignment and core strength building of various yoga techniques. This class will progressively stretch and strengthen the entire body, teach us mastery of breathing and soften the physical and energetic

OPT SCULPT—Interval cardio and Stabilization. This class is based on the theory of integrative stabilization training, in which multiple muscle groups are used in an unstable environment to coordinate a dynamic movement. The class also used various types of contractions to work the muscle completely, while targeting your stabilization endurance, giving you a well rounded workout.

CORE CONSCIOUSNESS CIRCUIT TRAINING—Consciousness is the action of being conscious of your core muscular region for optimal performance and kinetic movement. This creates a conscious communication of mind, body, and spirit. Being conscious of your core movement through core consciousness.