**CLASS DESCRIPTIONS**

**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.

**SPIN** - Cardio and fat burn. Spin takes cardiovascular intensity to a different level. Challenge your heart, your mind and your muscle as you continually challenge your aerobic threshold in this class. This class is guaranteed to help you burn fat and lose weight FAST.

**TOTAL BODY SCULPTING** - Cardio and fat burn. The more muscles you work at one time, the better the results of your workout. This class incorporates weights, calisthenics, isometrics and resistance in such an effective way that we guarantee results. Come, challenge yourself, and get your body moving in the direction of fitness.

**MAKE IT FITNESS** - Cardio and toning. This is a chance for you to take your goals to the next level and make it happen. This class challenges you to push yourself to the limit of adaptation where the results are compounded through coordinated repetition sets and tempo variations.

**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 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.