**Class Descriptions**

**Ab Attack**: Focuses on ab & back exercises to improve alignment, posture, & muscle tone. For all levels.

**Cardio Intervals**: A high intensity workout focusing on cardio intervals & strength training exercises! Incorporates stability ball, bodyweight exercises, and dumbbells. For all fitness & skill levels.

**Dance Fitness**: A combination of high-energy & cardio-based dance moves to get you moving while having fun! For all fitness & skill levels. No dance background required.

**Fit Challenge**: These total-body workouts are designed for all fitness & skill levels. Great class for weight loss & ab work!! Fast-paced, efficient workout incorporating intervals of bodyweight exercises (push-ups, planks...), dumbbells, stability ball, medicine ball, & more.

**Group Cycling**: Great cardio class for weight loss & endurance! Try this instructor-led cycling class for an intense workout on our Spinning® bikes!

**Hip Hop Fit**: Learn the latest hip hop moves while getting a great cardiovascular workout! This class will get your heart pumping & your feet moving! For all fitness & skill levels.

**Kickboxing**: Ready for a high-intensity workout? Great for cardio conditioning & endurance. Consists of shadow boxing & cardio kickboxing. Includes exercises for the abs & lower back. For all skill & fitness levels. **This is not a martial arts or self-defense class.**

**Total Body Lift**: Want help from a Personal Trainer for FREE? Attend this instructor-led class in our weight room! Consists of a total body workout using machine & free weights. Includes a great abdominal workout. For all fitness & skill levels.

**Yoga**: Consists of Hatha yoga poses to increase physical strength, improve concentration, & increase flexibility. This class is designed for all fitness levels & participants progress at their own pace. Great for stress management!

**YogaPilates**: Like yoga? Always wanted to try Pilates? Here is your chance to do both at once! This class consists of Pilates exercises & yoga poses designed to improve strength, balance, & flexibility. Participants progress at their own pace. For all fitness levels.

**Safety Information**
Always seek the advice of your doctor before beginning an exercise program. Visit your Doctor if:
- You have any type of heart condition.
- You have high blood pressure, or if you don’t know if your blood pressure is normal.
- You experience extreme breathlessness after mild exertion.
- You have bone or joint problems.
- You often feel faint or have spells of severe dizziness.
- You have a medical condition that might need special attention.
- You are over 35 and have not exercised regularly.

If you are a beginner or haven’t done much regular exercise, start slowly and gradually increase your intensity level. Go at your own pace and comfort level. NEVER ignore pain during exercise. If an exercise causes you pain, try a modification or simply don’t do it.

Do not leave the group fitness class if you experience discomfort, dizziness, pain, or feel you need to stop. Alert the Group Fitness Instructor for assistance.

**Group Fitness Program Policies**
*Please arrive on time for class.
*Silence all cell phones & place in the storage area provided.
*For the comfort of others, please refrain from wearing heavy perfumes.
*Appropriate attire is required.
*Only soft-soled, non-marking, athletic, supportive shoes are permitted.
*All drinks should be in re-sealable containers.
*Avoid any contact with the mirrors.