Fitness Class Descriptions

is a classic cardio workout that delivers results. Steppin'ite' usses an ajustable step that can be raised from 4 to 12 inches. You step up, around, and down from the step in different patterns to boost your heart rate and breathing, and strengthen your muscles. All fitness levels. Duration: 5:30 p.m. is 60 minutes and noon classes are 30 to 40 minutes. **RIDE" (Spin) **REP.S** Interval training designed to strengthen and tone the entire body. **Durn calories & fire your metabolism. Duration 45 minutes **TRIDE" (Spin) **Standard vorting class form of exercise with classes focusing on endurance, strength, intervals training, using a special statutoury exercise bicycle with a weighted flywheel in a classroom setting. All fitness levels. 30 minutes ustationary exercise bicycle with a weighted flywheel in a classroom setting. All fitness levels. 30 minutes in an accepting and encouraging environment. Workouts are scaled based on the individual's ability. We scale the workload and intensity of each exercise for all participants. **NOTE: CrossFit is a \$75.00 per month paid class by the 5th of each month, all other classs are free. **A strength and Conditioning workout utilizes light weights, and high repetitions. A focus on perfect form and timing under pressure, results in an increase of muscle tone, lean functional muscle strength, bone density and body awareness. Target all your muscles in one workout. All fitness levels. 30 minutes in duration **Yoga is the now" stay mindful and present while you move your body in this Vinyasa style class. The sequence of postures parad with your breath is intended to work on your focus, flexibility, and strength while improving your body posture over time. All levels are welcome, no experience is needed, 40 min duration. **Yoga is the now" stay and that combines Latin and international muscle with dance moves. It targets lots of different muscle groups at once for total body toming. Boosts your heart health. You not only getting aerobic benefits (it really get your heart						
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