

Fitness Class Descriptions

"Steppin'It"	is a classic cardio workout that delivers results. Steppin'It" 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.
FITnWELL	"R.E.P.S" Interval training designed to strengthen and tone the entire body - burn calories & fire your metabolism. Duration 45 minutes
"RIDE" (Spin)	is indoor cycling class form of exercise with classes focusing on endurance, strength, intervals training, using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. All fitness levels. 30 minutes duration.
CrossFit	is a training program that coaches people of all shapes and sizes to improve their physical well-being and cardiovascular fitness in an accepting and encouraging environment. Workout s 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 class are free.	
BOOT CAMP	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	"Yoga is the now" stay mindful and present while you move your body in this Vinyasa style class. The sequence of postures paired 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.
ZUMBA	is a fitness program that combines Latin and international music with dance moves. It targets lots of different muscle groups at once for total body toning. Boosts your heart health. You not onl;y getting aerobic benefits (it really get your heart up), you also get anaerobic benefits- the kind that help you maintain a good cardiovascular respiratory system and help you de-stress. Duration 45 minutes
Total Body Sculpt	Want to get a full body with Toning and Cardio? Get your day started with an energetic workout including strength, cardio and core all in a 45 minute workout.
"Raise The Bar"	is a full-body workout designed to help improve muscular strength while toning the total body, using a weighted bar, weighth plates and body weight.
"Crunch & Burn"	is a weightless way to sculpt your body. This session will assist in toning the body to music using your own body weight, that focuses on the abs and buns. Duration: 40 minutes
Total Body Strength	This total body strength training class is designed to create a stronger, leaner and more balanced musculature. Strength work may include a variety of equipment such as dumbbells, barbells and resistance tubing while working out to high-energy music. Open to all fitness levels. Duration 45 minutes
Pilates Mat	Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements. 45 minutes duration.
MIXXEDFIT	MixedFit® is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.
Dancehall Line Fitness	is a class where you burn calories while dancing to mixture of old line and more modern-day dances. These dances will cover a genre of music. All fitness level are welcome. Duration: 40 minutes
Yogalates	A low impact session that gets your heart pumping with a full body workout, building strength, increasing flexibility, coordination and balance to improve your body physically and your mind mentally. Fun for all ages. Duration: 45 to 60 minutes.
"Abs & Glutes"	No fuss/if you looking for a class that target your abs and glutes, this is the class for you, . 30 minute duration.

