

Class Descriptions

ABS – A 30 minute workout targeting abdominal and lower back muscles to provide support and power for the entire body.

CARDIO/STRENGTH COMBO – Great workout including Cardio equipment and weight training. **VERY EFFICIENT COMBINATION**

CARDIO/SCULPT- A class designed to challenge and improve aerobic and anaerobic energy systems, that includes intervals of weight training and toning, and concludes with abs.

CIRCUIT TRAINING – A class designed to challenge and improve aerobic and anaerobic energy systems, that includes intervals of weight training and toning, and concludes with abs.

FRIDAY'S MIX - Sometimes Pilates, sometimes Abs, sometimes Stretching, sometimes Weights, but *ALL THE TIME* fun. Join Linda on TGIF

HARDBODIES – A solid hour of full body muscle conditioning for those with a serious desire to achieve a strong, toned tight body. Come prepared to work hard and enjoy every minute! Walk away feeling renewed, refreshed, and strong. Equipment utilized will include dumbbells, Body Bars, tubing, dyna-bands, Resist-A-

POWER STEP – A challenging, heart pumping, high energy class jammed with power-packed steps, athletic movements and upbeat music. This all cardio class utilizes adjustable platform.

SPORTS CONDITIONING – A 60 minute class designed to train the aerobic and anaerobic energy systems, improve muscular strength, power, and endurance. Prepare to play hard!!!

STABILITY BALL- A ball class designed to enhance balance and stability and improve posture. This class will lead to increased flexibility, improved metabolism, and increased energy with greater muscle strength, power and endurance.

YOGA – A complete fitness program uniting the needs of both mind and body. Yoga is a thorough workout both easy and intense.