

Class Descriptions

Body Shop Pump:	Achieve muscular definition and endurance with 5 min segments of squats, chest, back, triceps, biceps, lunges, shoulders, abs, and stretching! A great way to burn calories, tone your muscles, and have fun!
Cardio Camp:	This class gives you a mix of cardio/sculpt moves that will not disappoint. Think "Boot Camp" with a lot more CARDIO!
Cross Training:	A mix of your favorite classes. (Bootcamp, step, sculpt, kickboxing, yoga, pilates, PIYO and more) Get the mix!
MMA Training:	(Extra \$5 Fee) Want to condition and train like a fighter? This class is for you!
Pilates:	A mat based class that uses body weight to work the deepest layers of your core. Will build strength and endurance without bulk.
Sculpt/Core:	Tighten and tone! Join us as we sculpt our body, feel the burn and work our core.
Simply Step:	Come get your step-on with a combination of basic and advanced moves. This class works in levels and tiers to help you master the step.
Spinning:	Intense cycle (cardio) ride for beginners into advanced. A fantastic way to shape your legs, thighs, and butt!
Super Spin:	Can't fit in an intense cardio session? You can now!!! This is the place to be for an intense spinning class... all in your 30-minute lunch break. Don't be late or we'll leave you in our dust!
Total Burn:	Want to feel the burn? Change your body and feel the workout with intense sculpting moves.
Ultimate Step:	Step up with creative combos and fun footwork! Join us for a chance to ENJOY your cardio workout!
Yoga:	Relaxing, strengthening, stabilizing and defining poses. Elongate your muscles to get that long lean look.
Zumba:	Get your groove on and burn calories! This Latin dance inspired class will keep you coming back for more!