

Class	Cardio	Core	Tone	Strength	Flexibility	Balance
<b>Barre: Pilates in Motion</b> This class is a total body workout that uses a ballet barre and mat work to perform small isometric movements to focus toning your core, glutes and legs.		*	*	*	*	*
<b>Bodyweight and Stretch</b> <b>Bodyweight</b> exercises to tone the major muscle groups, followed by stretch enhance range of motion and keep muscles long and lean.	*	*	*	*	*	
<b>BollyX</b> A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world.	*					*
<b>Bootcamp/HIIT</b> Take your game to the next level! This advanced, multi-functional class incorporates cardiovascular conditioning with calisthenics, and muscular strength conditioning. HIIT is more intense, with only short rest periods inbetween cardio and toning bursts	*	*	*	*	*	*
<b>Dance w/ Kathryn</b> incorporates various dance styles/short blocks of choreography to upbeat music of various genres	*				*	*
<b>Have a Ball</b> Use the stability ball to develop your core and as a prop for other mobility and toning exercises.		*	*	*		*
<b>Karate</b> , JKA System Drop in class for ages 16+ that focuses on self-defense, balance, stretching conditioning and meditation.	*	*	*	*	*	*
<b>Keeping Fit</b> This low-impact, full-body toning class is great for 55+ Dance Fit focuses more on movement and less on muscle toning	*					*
<b>Muscle Conditioning</b> Learn the proper form for different weight lifting and toning techniques		*	*	*	*	*
<b>Pilates</b> Work your muscles deep to your core to strengthen your entire body. This class is based on the trainings of the Pilates Method Alliance.		*	*	*	*	*

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<b>Pound Fit</b> uses lightly weighed drumsticks called Ripstix. During a mixture of movements stemming from yoga and pilates, along with an exciting combination of cardio, conditioning and strength training, bang out upbeat rhythms with the Ripstix; get your blood pumping, jam, and destress!	*	*	*	*		*
<b>SHINE Dance</b> brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout	*	*	*	*	*	*
<b>Step &amp; Sculpt</b> Increase cardiovascular fitness and muscle tone while creatively using a bench platform mixed with weight intervals.	*	*	*	*	*	*
<b>Swimnastics</b> Aerobics in the pool!	*	*	*	*		*
<b>Total Body Hiit</b> This class consists of time intervals varying in cardio, body weight and strength exercises.	*	*	*	*	*	*
<b>Y Cycle</b> indoor cycling workout.	*	*	*	*		
<b>Yoga/Yoga Flow</b> Use the physical postures of yoga and breathing practices to develop strength, flexibility and balance (Please bring your own mat). Seated Yoga is the most gentle version.				*	*	*
<b>ZUMBA</b> Dance through your workout in this high-energy class based on popular Latino dance moves.	*	*			*	*
<b>Zumba Step</b> adds the Reebok step to Zumba choreography for a more advanced version of Zumba.	*	*			*	*