



# FITNESS MENU

Choose the programs from our FREE "Group Fitness Buffet" that will help you meet your goals! Anything marked with a "c" is a cardio class anything marked with an "s" is a strength class. If the class is marked with both it is a combination class.

LOSE WEIGHT & INCREASE ENDURANCE	DEFINITION & STRENGTH	BALANCE, FLEXIBILITY & MIND BODY	STRONG SENIORS
<ul style="list-style-type: none"> <li>• 20X3 (c &amp; s)</li> <li>• Barre Sport (c &amp; s)</li> <li>• Boot Camp (c &amp; s)</li> <li>• Boot Camp Tabata (c &amp; s)</li> <li>• BOSU Challenge (c &amp; s)</li> <li>• BOSU Express (c)</li> <li>• Cardio Kickbox Blast (c)</li> <li>• Chaos (c &amp; s)</li> <li>• Hi/Lo Intervals (c &amp; s)</li> <li>• Intense Intervals (c &amp; s)</li> <li>• Spinning (c)</li> <li>• ZUMBA (c)</li> <li>• ZUMBA Toning (c &amp; s)</li> </ul>	<ul style="list-style-type: none"> <li>• 15 Min. Express abs (s)</li> <li>• 20X3 (c &amp; s)</li> <li>• Barre (s)</li> <li>• Body Defined (c)</li> <li>• Body Express (s)</li> <li>• Boot Camp (c &amp; s)</li> <li>• Boot Camp Tabata (c &amp; s)</li> <li>• BOSU Challenge (c)</li> <li>• Hi/Lo Intervals (c)</li> <li>• Intense Intervals (c &amp; s)</li> <li>• Intermediate Pilates &amp; Sculpt (c &amp; s)</li> <li>• Lower Body Blast (c)</li> <li>• ZUMBA Toning (c &amp; s)</li> </ul>	<ul style="list-style-type: none"> <li>• Barre (s)</li> <li>• Body Defined (s)</li> <li>• Intermediate Pilates &amp; Sculpt (c &amp; s)</li> <li>• Pilates Basic Mat (s)</li> <li>• Stretch Fusion (s)</li> <li>• Yoga (s)</li> </ul>	<ul style="list-style-type: none"> <li>• Barre (s)</li> <li>• Body Defined (s)</li> <li>• Body Express (s)</li> <li>• Hi/Lo Intervals (c &amp; s)</li> <li>• Locomotion (c &amp; s)</li> <li>• Low Impact Aerobics</li> <li>• Pilates Basic Mat (s)</li> <li>• Strength, Balance &amp; Posture (s)</li> <li>• Stretch Fusion (s)</li> <li>• Yoga(s)</li> <li>• ZUMBA (c)</li> <li>• ZUMBA Toning (c &amp; s)</li> </ul>
<p><b>Aquatics Programs:</b></p> <ul style="list-style-type: none"> <li>• Aqua ZUMBA</li> <li>• Aquasize</li> </ul>	<p><b>Aquatics Programs:</b></p> <ul style="list-style-type: none"> <li>• Aqua ZUMBA</li> <li>• Aquacise</li> <li>• Golden Waves</li> </ul>	<p><b>Aquatics Programs:</b></p> <ul style="list-style-type: none"> <li>• Aquasize</li> <li>• Golden Waves</li> <li>• Twinges in the Hinges</li> </ul>	<p><b>Aquatics Programs:</b></p> <ul style="list-style-type: none"> <li>• Aqua ZUMBA</li> <li>• Aquasize</li> <li>• Golden Waves</li> <li>• Twinges in the Hinges</li> </ul>



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