



# 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 marked with a "b" it focuses on balance. If the class is marked with both or all 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 (c &amp; s)</li> <li>● Locomotion (c &amp; s)</li> <li>● Boot Camp (c &amp; s)</li> <li>● Urban Rebound Ex (c)</li> <li>● BOSU Express (c)</li> <li>● Cardio Kickbox Blast ©</li> <li>● Circuit Rush</li> <li>● HIIT - Cardio Express (c)</li> <li>● HIIT - All Levels (c &amp; s)</li> <li>● Spinning (c)</li> <li>● Strength Train Together (s)</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>● Yoga - All Levels (s)</li> <li>● Barre (s &amp; c)</li> <li>● Body Defined (c)</li> <li>● Boot Camp (c &amp; s)</li> <li>● BOSU Express ©</li> <li>● Circuit Rush</li> <li>● Hi/Lo Intervals (c)</li> <li>● Intense Intervals (c &amp; s)</li> <li>● Pilates Basic Mat Fuse (s)</li> <li>● Intermediate Pilates &amp; Sculpt (c &amp; s)</li> <li>● Strength Train Together (s)</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 (s)</li> <li>● Pilates Basic Mat Fusion (s)</li> <li>● Stretch Fusion (s)</li> <li>● Tai Ji Quan: Move for Better Balance (b &amp; s)</li> <li>● Yoga - all levels and all styles (s)</li> </ul>	<ul style="list-style-type: none"> <li>● Barre (s &amp; c)</li> <li>● Body Defined (s)</li> <li>● Silver Sneakers (s &amp; c)</li> <li>● LIFT (s)</li> <li>● Locomotion (c &amp; s)</li> <li>● Low Impact Aerobics (s &amp;c)</li> <li>● Pilates Basic Mat (s)</li> <li>● Strength, Balance &amp; Posture (s)</li> <li>● Tai Ji Quan: Move for Better Balance (b &amp; 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 BARRE</li> <li>● Aquacise</li> </ul>	<p><b>Aquatics Programs:</b></p> <ul style="list-style-type: none"> <li>● Aqua BARRE</li> <li>● Aquacise</li> <li>● Golden Waves</li> </ul>	<p><b>Aquatics Programs:</b></p> <ul style="list-style-type: none"> <li>● Aquacise</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 BARRE</li> <li>● Aquacise</li> <li>● Golden Waves</li> <li>● Twinges in the Hinges</li> </ul>



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