

Life Vision Class Descriptions

BLT - Butt, Legs & Thighs

This class concentrates on the lower body. Exercises with the step work the legs by performing a series of squats, lunges and power leg lifts. Exercises for the torso are also incorporated using the stability ball, concentrating on the hips and tummy areas.

Burn & Firm Pilates

This Pilates class concentrates on abdominal and core strength and conditioning, while also increasing your flexibility. This class is a definitely and great way to flatten your tummy.

Butt & Guts

Improve the appearance of your lower body by toning the muscles of your legs and abs. High repetition exercises make this workout easy to follow and great for all levels. Participants will use an exercise ball to position and support the body during the workout. Beginners should move more slowly while advance participants can add extra repetitions for more intensity.

Cardio Ball Low

A fun and exuberant workout that combines low impact with exercise balls. Participants will burn calories and tone their arms by carrying the exercise ball through flowing motions. Low impact moves like knee raises and march-in-place help raise the heart for cardiovascular conditioning. This class is perfect for the intermediate exercisers. Beginners should try the class without the exercise ball until they're comfortable.

Discover Yoga

This is a basic yoga class. If you have never tried yoga or have been afraid to try, this class is made for you. The poses and stretches are easier to accomplish than some of our other classes. This is a good one for beginning participants.

Easy Kick & Jab

Cardio kickboxing is a great way to sweat out frustrations and burn fat. The moves are easy on the joints and there are no complicated routines to memorize. Tone your arms with high repetition punching drills and trim your hips and thighs with low, easy kicks. All level of participant will get results with this workout.

Long & Lean

Get a longer and leaner body with this workout. The exercises in this class are performed slowly and controlled. The extended stretch and sculpting movements utilize all the major and stabilization muscle groups in the legs, trunk and upper body.

Low 'n' Go

Everyone will enjoy this traditional Low Impact workout! It's fun, uncomplicated, and easy on the joints. Build cardiovascular endurance, improve balance, increase your stamina, and burn fat.

Pilates Flow

This is a full body workout that also focuses in the midsection of the body. This class consists of a series of stretches and postures that will make your body more flexible and at the same time add tone to your muscles. This is a great class to de-stress after a long day at work.

Simple Stepping

Advance your Step skills with this easy-to-follow routine. The instructor, Christina will coach you through high repetition patterns before adding on variation. There are no complicated moves around the board, and beginners can try this class without a step platform until they're comfortable with the movements.

Sizzling Salsa

This hot hot hot salsa class gets your feet dancing and hips moving. This class is guaranteed to break a sweat and burn calories with out you even knowing it.

Step Party

This is an advanced step class that incorporates fancy step and dance movements. Do the "chug" "over the top" and "around the bench" in a new and challenging way. The movements are fun, creative, and challenging. We suggest that you get your footwork going first and then add the arms as you progress.

Steppin' Right Left

This workout is perfect for those who are experienced with basic Step patterns, but ready for a little more. The routine is taught as an "add on" sequence that focuses on the right side first, then the left. Both sides are then joined to create a complete routine and a balanced workout. (Participants should take their time when working on the backside of the board).

Ultimate Cardio Ball

This is a two part class that creates an intense cardio workout using stability balls and a great strength workout using tubes. You will not only burn extra calories but also develop great muscle tone. This class is design for the intermediate and advanced exerciser.