

**Ball Pilates 2 – S0008**

This challenging Pilates class uses the ball as a prop to strengthen the core muscle group and also works the arms and legs at the same time. It is a class for those who want a challenge.

**Burn & Tone – S0008**

This challenging sculpting class will compliment your Circuit workouts, by exercising the arms, chest, back, and legs for that extra tone and firm body.

**Core Challenge – S0002**

Improve your posture, balance, strength, and overall fitness level by developing strong back and abdominal muscles. An exercise ball will be used to position the body while performing cutting edge core exercises like pikes and role ups. Keep in mind that your balance will be challenged, so beginners should move slowly and keep their hands on the ball or the floor for stability.

**Discover Yoga – M0006**

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.

**Kick It Up & Sweat It Off – C0024**

This kick box class works the upper and lower body. firming and toning the shoulders, arms and legs, at the same time you burn those extra calories.

**Pilates Flow – M0010**

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 – C0010**

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 – C0022**

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.