

CARDIO:

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| Athletic Step | This step class is a more advanced level class for those who have done step in the past. It includes straddle jumps, lunges, over the step squats and several lower body power moves. To make it even tougher, you can add a riser. |
| Booty Kickin Step | This step class is an intense advanced level class for those who have done step in the past. Beginners can tone down this class by doing the footwork on the floor without the step until comfortable with the moves. Instructor is Stella Sandoval. |
| 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. |
| Simple Step | 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. |
| Cardio Kicks | This Kick box class concentrates on the lower body. Michelle incorporates a series of squats, front kicks, side kicks and back kicks that work your entire hip and buttock area. This class will work a sweat while slimming your legs and hips. |
| Cardio Punch | This kick class concentrates on the upper body. You will learn a series of punches, jabs and upper cut movements that will firm and tone the chest, back & shoulder and upper arm. This class is designed to strengthen upper body and burn calories at the same time. |
| Ultimate Cardioball | This is a two part class that creates an intense cardio workout using stability balls and great strength workout using tubes. You will not only burn calories but also develop great muscle tone. This class is designed for the intermediate to advanced exerciser. |
| Variety Pack | This workout takes participants through a variety of introductory dance moves that are typically used to create intermediate choreography. Each move is repeated several times, which will elevate heart rates to a fat burning zone. |

SCULPTING:

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| Burn & Tone | Total body sculpting class with Stella Sandoval. |
| Core Challenge | 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. |
| 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. |
| Stretch & Sculpt | Work with Michelle in this basic stretch and sculpt class. This class is designed for those who need more flexibility and muscle tone. It is an easy to follow and non-intimidating program that will help you feel and look better. |
| Stretch & Sculpt Intervals | Cecily uses the step in this creative combination class. It is an interval training program that burns calories during the cardio portion as well as tones the body during the sculpting sections. If you have reached a plateau, interval training is a great way to get the body moving again. |

MIND/BODY:

(Although stretching mats are provided, participants are welcome to bring their own yoga mats.)

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| 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. |
| Gentle Yoga | This class is designed to help you stretch out after your cardio workout or circuit by doing gentle stretches that will target your hips, abs, back, chest, neck and arms. |
| Yoga Mid-section | This excellent Hatha yoga class is great for those who want focus on their mid-section. Some of the poses require a bit of strength yet the experience is relaxing overall. Deep breathing techniques and a final mediation will finish off a stressful day. (Participants should bring a Yoga mat. Previous experience with basic postures is recommended). |

Attention all members - PERSONAL TRAINER SERVICES - "Tune-Up Time"

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| 30 Minute Strength & Cardio Circuit | EVERY MEMBER SHOULD TAKE ADVANTAGE OF YOUR MEMBERSHIP BENEFITS AND SCHEDULE APPOINTMENT FOR YOUR PERSONAL (re-orientation) TRAINING TUNE UP SESSION. A Lifestyle Coach will re-evaluate and guide you through the circuit checking for proper technique while motivating you to get the most out of your workout. |
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