

**American Band Dance** – Burn calories without realizing it...have fun doing “the Bird”, “the Swim”. Mashed Potatoes” and several old time dances we used to do as kids

**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.

**Cardio Punch** – This kick box 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 arms. Women typically do not have good upper body strength, and this class is designed to change that, while burning calories at the same time.

**GENTLE STRETCH** - 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.

**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.