

Burn & Tone

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

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.

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.

Latin Groove

This workout features vibrant Latin music with inspiring rhythms. The moves are easy to follow and the attitude is spicy. Participants will dance the Rumba, Cha-cha, Meringue and other popular dance combinations. It will put rhythm in your soul and a smile on your face!

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.

Pilates on the Floor

Pilates is a relaxing form of exercise. This class has been designed as a basic class for women to become acquainted with some simple Pilates stretches and movements.

Step & Low Combo

Join Cheryl in an easy to follow class that incorporates simple step patterns and low impact movements all in one class. This class is a level 1 class, but can be intensified by adding risers and arm movement patterns.

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.

Yoga - Mid Section

This excellent Hatha Yoga class is great for those who want to 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 meditation will finish off a stressful day. (Previous experience with basic postures is recommended).