

Health & Fitness Benefits

BODYPUMP *

- Burn up to 600 cal. per class
- Improve Strength
- Shape and Tone Muscles
- Improve Bone Density
- Strengthen joints/ligaments

BODYVIVE ☒ *

- Improve endurance
- Increase heart fitness
- Improve flexibility
- Improve agility, balance, and posture

BODYJAM ♥

- Burn calories for fat loss
- Improve Coordination
- Increase range of motion
- Become a better dancer
- Have a blast!!

SPIN ♥

- Burn cal. for fat loss
(500-1000 cal per class)
- Increase endurance
- Tone legs and glutes
- Strengthen core

ZUMBA ♥ ☺

- Burn calories for fat loss
- Tone and sculpt
- Improve coordination
- Learn fun Latin dance moves
- Have the time of your life!

BELLYDANCING ♥ ☺

- Burn calories for fat loss
- Tone abs, back, legs and arms with no impact to joints
- Improve coordination
- Reduce Stress
- Improve Digestion

TAI CHI ☺

- Increase range of motion
- Reduce stress
- Reduce blood pressure
- Increase leg and knee strength

-Increase stamina

BOOTCAMP ♥ *

- Burn calories for fat loss
- Improves endurance/agility
- Total body sculpt and tone

YOGA ☺ *

- Tone muscles
- Increase flexibility
- Improve posture
- Reduce stress
- Improve joint range of motion

PILATES ☺ *

- Evenly condition body
- Gain long, lean muscle
- Develop stronger core
- Increase flexibility
- Reduce stress

STEP ♥

- Burn calories for fat loss
- Sculpt and tone legs
- Increase endurance
- Improve coordination

WATER ♥ *

- All the benefits of aerobic classes with no impact on joints
- Increase flexibility
- Safely tone entire body; water is resistance (12x more than air)
- Reduce blood pressure

CARDIO-STRENGTH ♥ *

- A mix of cardio and strength training (i.e. Body Pump) giving the benefits of both

CIRCUIT ♥ *

- A combination of resistance training (using bands, balls, and hand weights) and low impact cardio giving benefits of both class types

KICKBOXING ♥

- Burn calories for fat loss
- Strengthen legs, arms, and core
- Increase endurance/stamina
- Reduce stress

RESTORATIVE YOGA ☺

- Reduce Stress

- Improve breathing (oxygen intake)
- Relaxation/Meditation
- Reduce Blood Pressure

* Resistance/Weight Training

♥ Cardiovascular

☺ Mind/Body