














Type	Program	Description	Length	Intensity	Results
	BOOT CAMP	Class uses HITT (High Intensity Interval Training) body weight resistance and challenging core work.	45	High	<ul style="list-style-type: none"> Improves agility, coordination, strength & endurance Improves heart & lung fitness
	CHISEL	Progressive technique of strength training will continually challenge your muscles; which will change your lean muscle mass, bone density, metabolic rate as well as strength!	50	High	<ul style="list-style-type: none"> Increases strength and endurance Tones & shapes Helps maintain bone health
	FOCUSED FITNESS	Combination of Barre-Method class with additional emphasis on core to provide muscle tone, strength as well as balance.	50	Low to Moderate	<ul style="list-style-type: none"> Tones & shapes Functional strength & balance
	BOOMER FITNESS MOVEMENT	This class gets your heart rate elevated to improve your cardio respiratory system.	25	Low	<ul style="list-style-type: none"> Increase metabolism Improve heart & lung fitness
	BOOMER FITNESS MUSCLE	The second portion of Boomer Fitness is designed to improve strength, flexibility, range of movement, balance, posture and core condition.	25	Low	<ul style="list-style-type: none"> Tones & shapes Functional strength & balance
	R.I.S.E.	This class challenges and improves your cardiovascular health. Easy to follow choreography and using the Step will raise your metabolism - burning calories with high-intensity interval training exercises.	50	Moderate to High	<ul style="list-style-type: none"> Increase metabolism Improve heart/lung fitness Core improvement for functional strength, balance, mobility & injury prevention
	HATHA YOGA	This class explores the relationship between body, breath and movement. This class combines posture with breath and focuses on alignment, balance, breath awareness, strengthening and stretching. The posture series will differ from week to week.	75	Moderate	<ul style="list-style-type: none"> Improves joint flexibility Tones & shapes Enhances mental wellbeing
	KICKBOXING	Kickboxing allows you to kick and punch your way to a stress-free zone within minutes of your high-energy kickboxing routine. This class will help you reduce stress, improve coordination and posture. In addition it burns mega calories and is an ideal cross-training workout.	50	Moderate	<ul style="list-style-type: none"> Tones & shapes Increases strength & endurance Increase metabolism
	PILATES	This class is designed to develop core strength, mobility and coordination. Through the use of traditional Pilates, yoga poses, stretching, movement patterns and conditioning exercises. Pilates participants will enjoy improvement in posture, flexibility, balance and overall toning.	50	Low to Moderate	<ul style="list-style-type: none"> Tones & shapes Core challenges Improves posture & flexibility
	Cardio, Core & Strength	Challenge your body to a full body workout! A class structured around muscular endurance and cardio intervals designed to build long lean muscle, increase bone density & metabolism!	50	Moderate	<ul style="list-style-type: none"> Increases strength and endurance Tones & shapes Helps maintain bone health
	STRENGTH & STRETCH	Strengthen your body and mind with this 45 minute functional resistance workout and restorative full body stretch. Get in the right frame of mind to take the day on with gratitude and power. The perfect mid-week workout? Heck YES!	45	Moderate	<ul style="list-style-type: none"> Increases strength and endurance Tones & shapes Helps maintain bone health
	STRETCH & RESTORE YOGA	All levels welcome. This class provides movement and postures to wake up the body and then follows with stretching to rejuvenate, release tension, increase range of motion and improve flexibility.	75	Low to Moderate	<ul style="list-style-type: none"> Improves joint flexibility Tones & shapes Enhances mental wellbeing
	TOTAL BODY BLITZ	This class uses HITT (High Intensity Interval Training), weights and challenging core work to challenge every muscle in your body! All this work is designed to keep your body burning calories for hours after you are done!	50	Moderate to High	<ul style="list-style-type: none"> Increase metabolism Improves agility, coordination, strength & endurance Improves heart & lung fitness
	ZUMBA	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Loads of fun!!!	50	Moderate	<ul style="list-style-type: none"> Increase metabolism Develops self expression Improves coordination