

Body Basics with Christine - Monday 5:00 – 6:00 p.m.

This moderate-impact class utilizes weights, rubber bands and resistance rings in most of its routines while sculpting your body. As a self-paced class, participant may choose whether or not to use items. Basic floor routines round out the workout and participants will really see results! **Mats, Weights, Rubber Bands and Rings are supplied.**

Yoga with Cindy - Tuesday 6:15 – 7:15 p.m.

The key focus of this class is strengthening core muscles - the deep, internal muscles of the abdomen and back. When the core muscles are trained, they work together with the more superficial muscles of the trunk to support the spine. As the trunk is stabilized, pressure on the back is relieved, and the body is able to move freely and efficiently. This class utilizes chairs. **Mats and Yoga Blocks are supplied.**

Dance & Trim with Christine - Tuesday 5:00 – 6:00 p.m.

This class provides repetitive movement of muscles in arms, legs and hips for a great cardio workout to which the body quickly responds. This light to moderate intensity self-paced class provides an excellent workout while dancing to the music of the 60's 70's & 80's. Stretching and cool-down activities are employed to prevent injury and let your muscles relax after the workout. **NO DANCING EXPERIENCE REQUIRED, JUST COME SHAKE YOUR BOOTY AND HAVE FUN.**

Get Fit with Matt - Wednesday 5:00 – 6:00 p.m.

This class is designed as a fat-burning, complete workout utilizing the high-energy methods of circuit and interval training. Circuit training and interval training have been found to be the most time-efficient method of burning calories and producing phenomenal overall health improvement. Because activities are varied, many who participate in this type of training find their exercise to be less monotonous and more effective than some other types of classes. **We provide weights and floor mats.**