

GROUP FITNESS CLASS DESCRIPTIONS

Box Your Booty Off	A kick-butt combination of martial art moves, self-defense and kickboxing techniques in a cardiovascular setting. Endurance and interval training included. Great Fat Burner!
Cardio Blast	High energy workout that really gets you going! Combination of cross training that consists of step, jump rope, weights and boxing. Also combines weight training with short segments of heart pumping cardio/calorie burner. Try them all. Good for all fitness levels.
Smokin Hot Iron Bodies, Super Fit Bodies, Deep Definition & 60 Minute Rush	Head-to-toe body blast combines all muscle groups to sculpt and tone the body with motivating music and various exercise. Each instructor brings their own variety to the table. Try all three classes to get the most out of your workout.
Cycle Classes	Pick up the pace with these high intensity cardiovascular workouts on stationary bikes. Use the music to empower you to move ahead and ride with and against the wind for varied intensities. Each instructor offers their own spin on the class and intensity.
Silver Sneakers I	Muscular strength and range of motion. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance while a chair is used for seated and/or standing support.
Silver Sneakers Yoga Stretch	This class incorporates Yoga poses, breath awareness and relaxation to increase flexibility, strength and balance.
2PHILBETTER (AGAIN) - Extreme Fitness	If you know Phil, you know what to expect. If you don't know Phil...expect the unexpected. (Bring Towel & Water) - All Levels Welcomed!
Perfect Body Sculpt	Total body toning, utilizing a variety of exercise tools (hand weights, tubes, bands, etc.) Works all major muscle groups.
STEP	Designed to provide a total body workout by altering step and body conditioning segments. Circuit Jam, a great new way to achieve the same full body conditioning through circuit training.
Power Yoga/Lates	This class incorporates yoga postures and pilates mat work with a variety of exercise tools, bands, balls and weights to build strength, endurance and flexibility, ending with a relaxing meditation.
Glow Krazy	Head-to-toe workout combined with glow sticks makes for a total body make-over with even more ab and booty defining moves. You'll have a blast while you burn fat and get a lean, tight body. This is NOT a class. This is a Party!
Vinyasa Strong Flow Yoga	This strong yoga class is designed to create heat from the inside out to burn toxins and impurities and to stoke your digestive fire. This practice is devoted to strength, flexibility, balance, core strengthening and focus. Be prepared to work, breathe and sweat.
Vinyasa Slow Flow Yoga & Blissful Zen	This meditative class works slowly to contemplate breath, connection and form. This is a wonderful, well-balanced class for beginners or for those seeking more flexibility and overall wellness.
Vinyasa Mix Yoga	This "flow style" class will warm you and your spine slowly. The first half of this class will be active and strong. The second half will be devoted to flexibility and meditation. You will leave the class feeling peaceful, refreshed and centered.
PBC Boot Camp with Jared & Kelly	A complete body workout without joining the military! Get ready to SWEAT, TRIM DOWN and have FUN!
Mat Pilates in Aerobics Room	Pilates mat classes focus on integrating the entire body, rather than exercising each body part separately. As you begin to focus on your body as a whole you'll achieve better alignment and retrain your body to work more efficiently.
Diane's Power Circuit	High intensity interval class with crossfit style cardio moves along with the use of weights, bands, body bards and much more!