

## **Group Fitness Class Description**

**Zumba-** An aerobic workout with Latin rhythms and easy to follow moves to tone while burning fat. (Bring mat)

**Fit Ball-** Calorie burner with the use of the stability ball. (Bring mat)

**Fit Band Sculpt-** Upper/Lower body toning with fit bands. (Bring mat)

**Abs and more** – Intense abdominal workout and a combination of upper and lower body. (Bring mat and hand weights)

**Body Sculpting** – Upper/Lower toning with some abdominal work. (Bring mat and hand weights)

**Circuit Training** – Mixture of resistance exercise and cardio that hits your whole body. (Bring mat and hand weights)

**Pilates** – Lengthen and sculpt your muscles. (Bring mat)

**U-pump-** Total body sculpting using bands, stability ball, and resistance training. (Bring mat and hand weights)