

<u>Barre & Resistance</u>	<u>Barre, Yoga & Zumba</u>	<u>Seniors Gentle Exercise</u>	<u>Barre Cardio&Spin</u>	<u>Water Get Wet!</u>
ATTITUDE / Barre The use of theBarre for leg and core work focusing on abductors, inner & outer thighs, and gluteal work. Mat work for core and an unparalleled upper body challenge. T 6:00pm / T 9:15am	YBarre Combines the grace and flexibility of dance with the strength and sculpting of Pilates to give you a lean physique. Improve posture and balance while shaping and defining muscle. F 9:15am	FIT FOR LIFE Flexibility Development Balancing, strengthening and stretching exercises that improve flexibility, core strength and balance. T 10:30am	Black Light SPIN <i>Dancin In The Dark!</i> An indoor cycling class. Burns up the calories! An exercise regimen that is safe and effective for those needing modifications. M / W 6:00pm T 5:30am / S 9:15am	IMPACT Fitness White Rock  214/320-0000
MUSCLE FLEX A strength and conditioning class that works every body part primarily by using weighted barbells. Each body part is worked for 4-5 minute intervals with build-in rest periods. M 9:15am W 7:05pm		FIT FOR LIFE Step & Sculpt Integrates a great cardio workout with strength training. This is the perfect split of step aerobics (with or without a step bench) and weight lifting. M / W / F 10:30am	BIKE & BARRE A cardio/strength combo that will rev up your cardiovascular fitness on the bike and then strengthen your total body with exercises developed in Barre classes. All done in the cycling studio! F 8:00am	CARDIO WAVES Rock and roll to the waves in the pool! Get your heart rate up and work your major muscle groups without stressing your joints. W / F 9:00am M 6:15pm
MUSCLE MANIA Work every major body part (plus a few minor ones) with every type of resistance training equipment. Really tough! Very effective! M 7:05pm & R 6:00pm & S 8:00am	YOGA This class consists of yoga postures practiced in several traditions. The practice of yoga encourages flexibility and strength with mental and physical balance. T 7:05pm & S 9:15am	gfxwr@4ifc.com  <small>ClipartOf.com/1106157</small>	HITT Cycle High-intensity Interval Training boosts your fitness! You'll be cycling with maximum intensity for 20 sec intervals followed by 10 sec rests. (50 minute class) M 8:00am	SPLASH DANCE Dance your heart out in the pool! The music changes every time. You might even run mile in the pool! <i>Warning: It may be harder than you think!</i> S 9:00am
Power of PUMP An <i>awesome</i> , fat burning resistance class taught to music. No steps, no dancing! Pure strength training and PURE FUN!! It will change the shape of your body!! W 9:15am	Yoga Flo Combines ancient Hatha Yoga practices with modern fitness movements. This total mind-body workout features functional strength, flexibility, and relaxation. R 9:15am & 7:05pm S 10:30am	FIT FOR LIFE Stretch & Strengthen Exercises geared toward muscle strength and flexibility. The creativity and variety offered in this class cannot be found anywhere else! R 10:30am	LEAN & CHISELED Grace meets athleticism! Isometric training at the BARRE with layers of large muscle groups combined with cardio training. Obtain the lithe body of a dancer and the strength of an athlete! M 6:00pm	 Instructors are subject to change
ROCK HARD A fast paced class that incorporates cardio with strengthening and toning for a full body workout while targeting all major muscle groups. R 6:00pm	ZUMBA! Inspired by Latin dance, Zumba uses a variety of styles in its routines. Music selections include both fast and slow rhythms to help tone and sculpt the body. W 6:00pm	SENIOR SNEAKERS A strengthen and conditioning class using a chair seated designed to target our mature adults along with our special needs members. T / R 12 o'clock noon	SPIN A stationary biking class. Burn up to 700 calories per class! An exercise regimen that is safe and effective for those needing modifications. M / W / F 8:00am R 5:30am	WATER WORKOUT Working out in the water is fun! Improve your strength, endurance and flexibility in this dynamic class. It's great for all fitness levels. M 9:00am W 6:15pm

Attitude at the Barre



If you are ready to change the composition of your body, then you are ready for Attitude at the Barre! This is a class with extensive use of the Ballet Barre for leg and core work focusing on abductors, inner & outer thighs, and gluteal work.

The class will also include mat work for core and an unparalleled upper body challenge.

This is an overall body workout focusing on muscle groups that don't see a lot of action when you run, walk, use the elliptical, or cycle.

Join us:

Tuesdays at 9:15am (one hour) and

Tuesdays at 6:00pm (55 minutes)

YBarre



Combines the grace and flexibility of dance with the strength and sculpting of Pilates to give you a long, strong, and lean physique. Improve posture and balance while shaping and defining muscle.

Join us:

Fridays at 9:15am (one hour)

Lean and Chiseled



Grace meets athleticism! Isometric training at the BARRE with layers of large muscle groups combined with cardio training. Obtain the lithe body of a dancer and the strength of an athlete!

Join us:

Mondays at 6:00pm (55 minutes)