

**Beginner Yoga** – An intro to our Vinyasa Yoga class!

**Beginner ZUMBA** – An intro to our ZUMBA class!

**Body Sculpt** – A strengthening workout that focuses equal time on upper body, lower body and abdominal work using free weights, resistance bands, etc. to tone the entire body!

**Boot Camp** – A Military-style class designed to build strength and fitness through a variety of intense group intervals and basic calisthenics!

**Barre Fitness** – A blend of strength training and stretching, Low impact pace to improve posture, muscle definition and weight loss. increases flexibility and decreases stress. for all fitness levels especially pregnancy.

**Cardio Chisel** – A total body workout combining strength and cardiovascular training to burn fat and build muscle!

**Core & More** – Total body strength-training primarily focused on toning and strengthening the core!

**Core Cardio Mash-Up** – An infusion of cardio throughout a core circuit!

**Functional Fitness** – Functional training using the barbell, kettlebells and dumbbells. Beginners to elite are welcome!

**Group Power** – Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

**Health in Motion** – Suitable for all levels! Perfect for off-season athletes, recreational athletes and anyone with joint conditioning concerns.

**Kettlebells** – Kick all your fitness goals into high gear with this combination of endurance, strength & flexibility. Functional, compound exercises work multiple muscle groups simultaneously; developing strength & muscular endurance while blasting calories!

**Pilates Sculpt** – Strengthen the entire body with emphasis on core conditioning. Weights and Pilates circles will be used to further challenge the body and target muscle groups!

**Power Hour** – A high-energy, total body toning and cardio workout. This circuit-style class is designed to push you as an individual. Great for all fitness levels!

**Senior Fitness** – A combination of low-impact exercises that help increase flexibility, restore muscular strength and improve posture. Free to Total Fitness members and open to the community for \$1 per class!

**Senior Spin** – A 30min, lower-level version of our popular SPINNING class!

**Senior Strength** – Designed to improve strength, posture, balance and endurance. Appropriate for all levels including those with arthritis and/or osteoporosis.

**Spinning** – The original Johnny G cycling program with adaptable resistance, allowing individuals of any fitness level to participate in this low-impact yet intense simulation of an outdoor bike ride!

**Spin Core** – 30min of SPINNING, followed by 30min of core training!

**Step** – Use hi-low combos guaranteed to get your heart rate pumping, while moving to the music of your favorite artists!

**Step & Sculpt** – Step aerobics integrated with concentrated sculpting! This class wraps up with ab work and stretching.

**Total Body Ball** – Strengthen the stability muscles of the core! This class will help tone, improve posture and decrease lower back pain utilizing stability balls, hand weights and body resistance.

**Total Body Burn** – An effective mix of cardio drills and strength training moves with modifications for every level. Get your body jumping and heart rate pumping with this combo class!

**Vinyasa Yoga** – Suitable for all levels. This class offers power and strength as well as limbering and posture all centered around breath and the mind/spirit connection. All poses allow for variations to suit the individual. This can be considered powerful & challenging or less intensive & flowing based on one's individual choice.

**Warrior Strength** – Utilize functional, calisthenic and boxing strength and conditioning exercises to challenge the entire body. If you enjoy hitting or throwing things to get and stay fit then you will love this class!

**Yoga-lates** – This low-impact workout will develop core strength and stabilization through Pilates poses. It will also improve flexibility, muscular strength posture and alignment through yoga poses, breathing and relaxation.

**Zen Butts & Guts** – Strengthen and tone the core while clearing the mind. This 45min class uses a combination of yoga and Pilates to tone those troublesome below the belt areas while quieting the mind.

**ZUMBA** – A fusion of Latin music and dance moves. Aerobic interval training maximizes caloric output, fat burning and total body training!