

**Atomic Core** – Metabolic movements aimed to rev up metabolism and help burn away belly fat combined with standard core movements to strengthen the midsection!

**Beginner / Senior Spinning** - Perfect for the novice indoor cyclist of all ages. Class will include individual bike set up, explanation of terminology, bike safety and a 30 min ride.

**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!

**BOSU** – An effective muscle-building, balance and cardio workout focused on using the BOSU ball!

**BOSU, Bands & Balls** - A low impact, total body workout with emphasis on the core using resistance, body weight and balance training. Class can be modified for most fitness levels.

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

**Flexibility Training** – Stretch & lengthen muscles in this 45-min class!

**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!

**Kickbox / Total Ab** – A full-body workout integrating cardio kickboxing with core strengthening moves!

**Kickbox Sculpt** – A full-body workout integrating cardio kickboxing and strength training!

**Lunch Crunch** – A total body workout in only 30min – perfect for your lunch break!

**Pilates** – Core conditioning emphasizing abdominal strength, stabilization and posture!

**Pilates for Posture** – A lower level of our core conditioning Pilates class, suitable for all levels. This class is appropriate for those with arthritis and/or dealing with back discomfort.

**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!

**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!

**Stretch & Strengthen** – Basic core exercises followed by stretching to help improve overall flexibility as well as every day tightness.

**Total Body Circuit** – This class combines strength, plyometrics, and cardio for a full workout that will leave you drenched! This class is for moderate to high fitness levels. All exercises can be modified to suit needs.

**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.