

Muscle Conditioning

NEW* CIRCUIT TRAINING- Circuits of strength and endurance training are integrated for this exceptional all-in-one workout that will never leave you bored!

NEW* BOOTCAMP EXTREME- The class will consist of strength, cardio and absolute abs. Take your level of power, agility, and core strength to the next level.

NEW* ABSOLUTELY ABS & ARMS- Learn various techniques to strengthen your midsection and arms. This fast paced core workout will be challenging but fun. All fitness levels welcome.

BUTTS N' GUTS - A 50-minute class that will focus on those stubborn areas! Come to this motivating class to be re-energized into a new healthier you!

BODY SCULPT-This class will tone the important muscles of the body—all of them! Free weights, balls, resistance bands, mats, and more will be utilized as we firm up our bodies. Get the tight, toned, sculpted look you want.

EXPRESS ABS-Have only 30-minutes? Then this workout is right for you! Learn various ways to tone your complete midsection in this fast paced core workout. It is sure to be quick, challenging, and fun!

CORE STRENGTH- Work towards overall muscle strength, balance and coordination. Firm your body with a resistance-training program using free weights, resistance bands, BOSU balance balls, and stability balls to work all of the muscle groups. Target the body's core muscles found in the inner and outer abdominal wall, obliques and lower back.

Mind & Body

NEW* YAWNING YOGA- Connecting body, mind, and spirit, this class will flow through some of the basic fundamentals of yoga and allow your body to fall into total relaxation.

YOGA I & II- This class starts out with the basic fundamentals of yoga and later incorporates new and more advanced moves. It is designed for all levels of strength; it will provide a great base for a beginner. If you want to challenge yourself or take it to a more advanced level try our **YOGA II class.**

PILATES- Pilates will work on toning those core muscles while increasing your flexibility, and balance. You are sure to see total body results.

Cardio Conditioning

NEW* CORE RHYTHMS- This class is designed for anyone who wants to enjoy three different components of working out; cardio dance, toning, and yoga. In each cardio exercise session, the instructor combines basic techniques of aerobics, hip hop, and ethnic dances. You do not need to know how to dance or count beats.

NEW* CYCLE/STRENGTH- This class is a whole body workout that will get your blood pumping. It is a great cardiovascular exercise on the bike, that works those core leg muscles, but that is not all! Toning and sculpting those arms is as important as the legs, and this is the class to do it.

NEW* Namaste Cycle: Ready to go for a relaxing ride? This class will spend 1/2 the time on the bikes, and the other 1/2 getting your chi on with yoga and relaxation poses.

HIP HOP CARDIO- This instructor, who is also a member of the SCSU Dance team, will create a fresh and funky class that will keep you moving to the latest dance and hip-hop moves.

CYCLE- Ride your way to an extreme whole body workout that will get your blood pumping! It's a great cardiovascular exercise on a stationary bike, which works those core & leg muscles. That's not all! Studies have shown that you can burn up to 500 calories in a 40-minute cycle ride!

STEP- This class will use the basics of step and slowly adds in more ad-vanced moves with a touch of flare and fun. We will explore many different ways to use the step, which includes integrating toning, high inten-sity, and progressive routines. This class guarantees to add variety to your workout!

HIGH INTENSITY TRAINING (H.I.T.)- This class will energize your week! The instructor will push you to the max using low weight/high repetitions while doing intervals and repeated movements on the step and the floor.

TRI-IT- Everything you need is in this class! All three components: Cardio, Strength, and Flexibility! We'll incorporate different kinds of workout equipment, and this class fits as a great sample class for the others we offer...cycle, BOSU, bar definition, step, Pilates, yoga and so much more!