

CARDIOVASCULAR AND COMBO CLASSES:

DANCE JAM: A great fusion of basic hip-hop and various jazz styles set to the hottest sounds out there. You'll burn calories, increase coordination, build stamina and have so much fun you'll forget it's a workout! Air guitar encouraged!

CARDIO BLAST: Get the heart-rate up while performing basic moves. It's not about choreography, it's about easy to perform movements sometimes on the step, BOSU, or simply the floor. Our instructors like to change it up making it a great introduction class guaranteed help you burn calories.

BOSU INTERVAL: Engage the core, burn calories, increase balance and build muscle strength all in one workout on the BOSU. A great way to get it all done in a fun, motivational hour!

CARDIO KICKBOX CIRCUIT: Come experience this high powered, intense class that combines boxing and kickboxing into the ultimate circuit workout. Be prepared to sweat!

CARDIO KICKBOX: This low impact, traditional style kickbox class combines basic kicks and punches with easy to pick up choreography set to a killer beat! If you're looking to up your endurance threshold, this is a great class to strengthen the heart, your legs, core, arms and shoulders... not to mention work out some aggression!

JUMP & PUMP: Similar to our most popular cardio and strength training format at Cheetah Gym "Hot Bod" with a little jump on the side! Cardio drills such as jump rope, jump squats and jumping jacks to jump up your heart rate coupled with strength training circuits that tone and strengthening your entire physique!

NON-STOP CARDIO KICKBOX: This ½ hour format is a no holds barred condensed class consisting of a 10 minute warm-up and stretch followed by 15 solid non-stop minutes of high intensity cardio kickboxing. A great predecessor to a core or toning session!

FREE WHEELIN': Try this non-impact, cross country bike tour indoors. This motivational class will step up that heart rate and is great for anyone who wants to start a cardio program without the hassle of choreography.

SPIN/HILLS: Rev up your traditional spin class with well paced intervals to challenge core and lower body strength while building cardiovascular endurance!

GOOD STEP: Craving good cardio off a machine, like high energy music and want to firm up your mid-section and lower half? Step in for an amazing cardiovascular challenge with our well seasoned instructors that provide a breakdown and demonstration of steps rather than 'throwing a routine at you.' Expect intuitive simple choreography, a challenge for the mind and body, to build endurance, burn

fat, tone up and realize an adrenaline rush! If you can march to a tempo, this class can be learned and mastered within a few visits as the “step vocabulary” (the name for each pattern on, over or around the elevated step) is acquired. Simply one of the best cardio workouts you’ll ever get!

REJUVENATE: This class will strengthen and tone while utilizing low impact cardiovascular movements. Purrfect for anyone looking for a mild, but challenging workout!

TREAD TRAIN: Need motivation? Building endurance? The ultimate treadmill running/walking workout @ up to a 50% incline that includes directives that will challenge your game while building cardiovascular endurance and lower body strength! Reserve a spot today.

SALSA-LICIOUS: Leave your inhibitions at the door for this high energy cardio class designed to make you sweat, de-stress and re-energize. You’ll move to the joyful and sultry rhythms of Brazil, Cuba and the Dominican Republic while toning your core and lower body! Each instructor has their own style and will get you moving to basic steps.

BOLLYWOOD AEROBICS: Come join the fun as we groove to popular Bollywood and bhangra hits while engaging in a medium impact aerobic workout utilizing easy choreography. The movements in Bollywood style are fun, athletic and a fusion of styles from classical Indian dance to modern jazz and hip-hop. It's guaranteed to leave you feeling invigorated with a smile on your face!

BELLY DANCE: Not just for women, originally this dance was performed by men so don't be afraid gentlemen! This class will teach you to perform isolated movements in ways you've never imagined while digging deep into core muscles as well lower and upper body musculature. It's low impact cardio, it strengthens, it tones, it's art and it's somewhat like performing controlled yoga-like or Tai Chi-like motion. Give it a try, feel it, it's hot!

ZUMBA: Come join the party! Easy to follow international steps, full body movements and infectious music are combined to make you sweat, de-stress and push aside those repetitive cardio machines. See you at the party!

RECESS: School's out, it's Friday night and time to play! Blow off some steam and enjoy exercising in ways reminiscent of school yard games. Jump rope, hop scotch, shuttle runs, dodge ball, tag and crab-walking will make you sweat and keep you young. Expect to have your heart rate elevated and your muscles worked!

MIND/BODY:

YOGA BASICS: New to yoga or simply looking for a review of the basic postures with emphasis on connecting breath, movement and proper alignment? This class is

designed to help you gently brush up on the basics or learn them anew in a safe gentle environment!

YOGA: A creative class that utilizes new sequences each week and invites all levels to participate. Our instructors offer modifications to poses and pace to accommodate your level of practice!

HATHA YOGA: This class offers a great opportunity to learn the basic hatha (physical) yoga positions (asanas) while learning to stretch, breath and connect the mind, body and spirit. This a great class for beginners and intermediate levels to participate in.

VINYASA FLOW YOGA: This class links poses and breathing with fluid ease. Postures flow and connect one movement into another in this practice. This class can be vigorous and is an excellent workout!

CORE YOGA: A vigorous, fitness-based approach with Pilates influences that focuses on overall body conditioning. All levels welcome!

ASHTANGA YOGA: This dynamic style builds up internal heat through vigorous postures and breathing techniques. Although challenging, this warrior yoga is accessible to anyone and can be a great stress reliever!

COMMUNITY YOGA: A free class to the community that introduces the basic principles of yoga. You will connect breath control with fluid motion, increase flexibility and strengthen the body. Open to Cheetah members and non-members!

PILATES ABS: Bored with traditional ab exercises or feel like you've hit a plateau? Try this low-impact class specifically designed for busy people who want a quick, effective core workout. Get your abs blasted with the most effective sequences from Pilates, chosen to build strength, improve posture and transform the look of your midsection. The included cool down and stretch is a great end to a well thought out sequence of core exercises!

PILATES MAT/ADV. PILATES MAT: These mat classes are based on the teachings of Joseph Pilates. This class creates an amazing lower impact workout to strengthen and lengthen the entire body. The focus is on the "core" or abdominal, lower lumbar, hip, glute and thigh body regions. The "pilates" class is designed for all levels as our instructors will offer alternatives based on your level of fitness! Advanced Pilates classes require a working knowledge of mat exercises and a higher level of core strength and endurance.

REFORMER: Pilates reformer classes are free to members that have conducted a minimum of three private 1:1 sessions with one of our certified pilates instructors. Purchase of a Total Pilates Package is minimally required. Eligibility for reformer class participation is obtained via demonstration of basic knowledge of the reformer

equipment and safely performing standardized beginner exercises on the reformer during 1:1 sessions with minimal cues from your private instructor.

STRENGTH and COMBINATION CLASSES:

HARDCORE ABS: Work and burn those abdominals into shape while learning safe effective ways to target your core muscles!

BOXING: Learn the basics of boxing or take your basics to a higher level with this circuit training class designed to push you to your maximum potential. Your heart rate will soar, you'll build upper body strength and increase endurance while working off stress!

BUTTS & GUTTS: Want to firm up those hard to hit places? This is a great lower body workout with exercises designed to burn fat and tone up. Legs, glutes and core and nothing more!

CONTOURS: A close cousin to the curves circuit training format. This superior exercise format helps put variety back into your workout routine and teaches you new ways to utilize the free motion equipment. All classes are taught by certified personal trainers. A great way to introduce yourself to the weight room safely!

GRAVITY INTERVAL: Come experience a full body cardio and strength training workout on the latest EFI Gravity Machines. Your own body weight is set against varied angles to perform a plethora of exciting exercises that tone and strengthen.

HOT BOD: Get a whole body workout and increase your heart rate in one hour! You will learn a variety of toning techniques utilizing the stability ball, bands, weights, barbell and your own body weight. It's a hot class, check it out!

INTERVAL TRAINING: A great way to boost metabolism, challenge yourself or change up a stagnant workout regimen. Repetitions of basic high energy exercises to increase the heart rate followed by lower periods of toning activity keep you so busy that the hour slips by!

PUMP IT: This class uses the plated barbell system to give you a complete strength training workout. Tone, build, maintain and keep on pumping it to the level you desire!

UPPER BODY EXPRESS: Keep your guns loaded with this upper body toning class. Build or maintain strength with simple, effective movements that target biceps, triceps, deltoids (shoulders) and pecs (chest). Don't want to get bulky? This class is perfect! We combine moderate to heavy resistance, isometric holds and high reps

with slow, controlled movement that will improve your form. Note: light stretching is recommended prior to class to maximize this express format.

SPECIALTY CLASSES:

PRE/POST NATAL YOGA: Yoga practice during and after pregnancy can offer a wide array of benefits to any level of practitioner. By combining "pranayama" and "asana" (breath and posture) an experienced instructor will help you prepare both physically and mentally for the adventure of motherhood! This carefully guided class emphasizes; overall flexibility, strengthening for your lower back, legs, and pelvic floor, breath regulation for increased oxygen, stability for your ever-changing body, and relaxation techniques to help alleviate tension. Yoga is appropriate for nearly everyone, but especially as an expectant or new Mom, make sure to check with your doctor before beginning a practice. (Currently offered at our Edgewater location, open to Cheetah members universally and included in your membership!)