



CLASS DESCRIPTIONS

CARDIO

BOSU INTERVAL: COME WORK YOUR CORE AND AT THE SAME TIME GET AN AWESOME CARDIOVASCULAR WORKOUT. WORK STRENGTHENING AND BALANCING EXERCISES ON THE BOSU. ENGAGE THE COR, BURN CALORIES AND BUILD MUSCLE STRENGTH ALL IN ONE WORKOUT.

CARDIO KICKBOX: COME EXPERIENCE THIS HIGH POWERED, ENERGETIC CLASS THAT COMBINES BOXING AND KICKBOXING COMBINATIONS FOR AN ULTIMATE WORKOUT. BE PREPARED TO SWEAT.

FREE WHEELN: TRY THIS NON-IMPACT, CROSS COUNTRY BIKE TOUR INDOORS. A GREAT CLASS TO GET YOU MOVING AND STEP UP THAT HEART RATE. GREAT FOR ANYONE WHO WANTS TO START A CARDIO PROGRAM WITHOUT THE HASSLE OF CHOREOGRAPHY IN A GROUP SETTING. CALL TO RESERVE YOUR SPOT TODAY.

REJUVENATE: THIS CLASS WILL STRENGTHEN AND TONE WHILE WORKING LOW IMPACT CARDIOVASCULAR MOVEMENTS. THIS CLASS IS PURRFECT FOR ANYONE LOOKING FOR A MILD, BUT CHALLENGING WORKOUT.

STEP: CHANGE IT UP AND TRY AN OLDIE BUT GOODIE. ENGAGE YOUR MIND AND FOLLOW 32-COUNT COMBINATIONS WHILE BURNING CALORIES.

TRI TRAIN: THIS CLASS WILL GET YOU TRIPLE SWEATING. WITH THE COMBINATION OF BIKING, RUNNING OR WALKING ON OUR INCLINE TREADMILLS, AND SWIMMING SIMULATED / STRENGTH TRAINING EXERCISES, A FANTASTIC WORKOUT IS GUARANTEED. EVERYONE IS WELCOME, SO CALL AND RESERVE A SPOT TODAY.

TREAD TRAIN: COME AND DO THE ULTIMATE TREADMILL RUNNING WORKOUT. WITH SPRINTS AND HILLS, YOUR HEART WILL BE PUMPING STRONG.

MIND/BODY

YOGA: THESE YOGA CLASSES INVITE THE PARTICIPANT TO HAVE CREATIVE CLASSES WITH NEW SEQUENCES EACH WEEK. THIS CLASS IS APPROPRIATE FOR ALL LEVELS.

HATHA YOGA: THIS CLASS OFFERS A GREAT OPPORTUNITY TO LEARN THE BASIC HATHA (PHYSICAL) YOGA POSITIONS (ASANAS) WHILE LEARNING TO STRETCH, BREATHE AND CONNECT THE MIND, BODY AND SPIRIT. IF YOU ARE NEW TO YOGA, THIS IS THE CLASS TO GET STARTED WITH.

VINYASA FLOW: VINYASA LINKS POSES AND BREATHING WITH FLUID EASE. POSTURES FLOW FROM ONE MOVEMENT INTO ANOTHER IN THIS PRACTICE. VINYASA YOGA CAN BE VIGOROUS, AND IT IS AN EXCELLENT WORKOUT. IT IS KNOWN FOR ITS FLOWING AND CONNECTIVE MOVEMENTS.

POWER YOGA: A VIGOROUS, FITNESS-BASED APPROACH TO A VINYASA YOGA CLASS SET TO UPBEAT MUSIC.

ASHTANGA YOGA: THIS DYNAMIC STYLE OF YOGA BUILDS UP INTERNAL HEAT THROUGH VIGOROUS POSTURES AND BREATHING TECHNIQUES. ALTHOUGH CHALLENGING, THIS WARRIOR YOGA IS ACCESSIBLE TO ANYONE.

YOGA FUNDAMENTALS: LEARN ALL THE BASIC PRINCIPLES AND GET A GREAT BEGINNER BASE OF YOGA.

BEGINNER-INTERMEDIATE PILATES: BASED ON THE TEACHINGS OF JOSEPH PILATES, THIS CLASS CREATES AN AMAZING WORKOUT TO STRENGTHEN AND LENGTHEN THE ENTIRE BODY WITH SPECIFIC FOCUS ON ABDOMINALS, LOWER BACK, HIPS, GLUTES, AND THIGHS. THIS CLASS IS SPECIFICALLY DESIGNED FOR THE NEWCOMER AS WELL AS THOSE NOT READY TO MOVE ONTO THE ADVANCED LEVEL.

ADVANCED PILATES: TAKE IT UP A NOTCH AND FOCUS LESS ON THE BREATHING AND MORE ON PERFECTING YOUR FORM AND MOVING ONTO THE ADVANCED POSES AND EXERCISES SUCH AS THE JACKKNIFE, DOUBLE LEG CIRCLES, TEASERS AND KNEELING LEG SERIES.

PILATES REFORMER: COME WORK WITH OUR CERTIFIED INSTRUCTORS ON THE REFORMER, AND TAKE YOUR PILATES WORK TO THE NEXT LEVEL. TOTAL PILATES PACKAGE REQUIRED

STRENGTH

ABS: THIS CLASS IS GUARANTEED TO WORK AND BURN YOUR ABDOMINALS INTO SHAPE. GET DOWN TO THE CORE IN THIS WORKOUT.

BUTTS & GUTS: WANT BEAUTIFUL FIRM SHAPELY LEGS, THIGHS AND GLUTES? A GREAT LOWER BODY WORKOUT WITH EXERCISES DESIGNED TO HELP BURN FAT AND TONE UP YOUR MUSCLES IN YOUR LOWER BODY. THE 1ST HALF OF THE CLASS IS ALL LEGS, THE 2ND HALF IS ALL ABS. FINALLY A CLASS THAT LETS YOU FOCUS YOUR MOST IMPORTANT ASSETS: YOUR LEGS AND CORE.

CONTOURS: A CLOSE COUSIN TO THE CURVES CIRCUIT TRAINING FORMAT, CONTOURS IS A SUPERIOR EXERCISE FORMAT TO HELP PUT MORE VARIETY IN YOUR WORKOUT ROUTINE AND TEACH YOU NEW AND DIFFERENT WAYS TO USE THE FREE MOTION EQUIPMENT. ALL CLASSES LED BY CERTIFIED PERSONAL TRAINERS. PERFECT FOR THOSE NEW TO THE WEIGHT ROOM.

GRAVITY: COME EXPERIENCE A FULL BODY WORKOUT ON OUR NEW EFI GRAVITY MACHINES. USING CABLING AND YOUR OWN BODY WEIGHT, THE GRAVITY MACHINES CREATE AN INTENSE, EXCITING WORKOUT WITH MAXIMUM TIME UTILIZED. RESERVATION REQUIRED

HOT BOD: GET A WHOLE BODY WORKOUT IN ONE HOUR. YOU WILL LEARN A VARIETY OF TONING TECHNIQUES UTILIZING THE STABILITY BALL, BANDS, WEIGHTS, BARBELL, AND YOUR OWN BODY WEIGHT.

PUMP IT: THIS CLASS WILL USE THE PLATED BARBELL SYSTEM TO GIVE YOU A COMPLETE STRENGTH TRAINING WORKOUT. TONE AND DEFINE YOUR MUSCLES FOR SPRING.

CHEETAH CUBS

KIDS

TUMBLING: CHILDREN WILL LEARN THE BASICS OF GYMNASTICS, AND HAVE FUN WITH OUR EXPERIENCED GYMNASTICS COACH. APPROPRIATE FOR CHILDREN AGES 4-8.

CHEETAH SIDEKICKS: A MARTIAL ARTS PROGRAM SPECIFICALLY FOR CHILDREN AGES 4-8. YOUR CHILD WILL DEVELOP SELF CONFIDENCE, DISCIPLINE, SELF DEFENSE, AND HAVE FUN.

CHEETAH CUBS

SPECIALTY

PRE/POST NATAL CONDITIONING: PREGNANCY MEANS YOUR BODY WILL UNDERGO SOME AMAZING CHANGES, WHICH WILL AFFECT YOU PHYSICALLY, PSYCHOLOGICALLY, AND EMOTIONALLY. EXTRA ATTENTION IS PAID TO MODIFYING EXERCISE INTENSITY, DURATION AND MODE WHILE ADAPTING TO THE BIOMECHANICAL CHANGES AS THE PREGNANCY ADVANCES. STRENGTH TRAINING IS TARGETED TOWARD SPINAL STABILIZATION.