

Class Descriptions

	<p>The original barbell class that strengthens your entire body. Great music, awesome instructors and your choice of weight inspire you to get the results you cam for - and fast!</p>
	<p>Take on the terrain with your inspiring coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.</p>
	<p>Using height-adjustable step in this energizing class you will push your fat-burning into high gear!</p>
	<p>High energy, sports-inspired cardio workout that builds strength and stamina.</p>
<p><i>TONE</i></p>	<p>The low-impact, whole body workout designed to boost fitness and core strength. It'll leave you fizzing with energy, so you can really take on life!</p>
	<p>A fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.</p>
	<p>A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.</p>
	<p>A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.</p>
	<p>Tai Chi, Yoga and Pilates workout that builds flexibility and strength. Feel centered and balanced.</p>
	<p>Revolutionary core training that hones in on your abs, glutes, back, obliques and slings connecting the lower and upper body.</p>

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 The logo for Pilates, featuring a stylized blue bird or wing shape above the word "PILATES" in a serif font.	<p><b>Improves core strength, flexibility and agility. These exercises have been known to relieve back pain and other chronic ailments!</b></p>
 The word "YOGA" in a bold, black, sans-serif font, centered within a bright pink rectangular background.	<p><b>A combination of flexibility and strength sequences paired with a fun soundtrack. This class is designed to tone your body and protect your joints.</b></p>
 The logo for Silver Sneakers, featuring a stylized illustration of a person's legs and feet in sneakers, with the text "Healthways Silver Sneakers Fitness Program" below it.	<p><b>A fitness program that is specifically targeted to seniors in order to help them stay fit and healthy.</b></p>

<b>Street Beats</b>	<p>Love to dance??? Street Beats is for you! Workout to the latest and greatest music with highly energetic and motivating instructors. A full hour of calorie burning, sweat dripping, fun!</p>
	<p>Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.</p>
<b>Booty Camp</b>	<p>Are you looking for a more lifted, rounder, firmer booty? Come try our 30 minute class focusing on the lower body with moves to target the glutes, hamstring and thigh muscle groups.</p>
<b>Z-CORE</b>	<p>30 minute class following <b>Booty Camp</b> to add some extra emphasis to the core to enhance strength and stability while toning.</p>