**WINTER 2020**

**CLASS DESCRIPTIONS**

**Kickboxing**
Come and join one of the best young kickboxers in the United States for some fun! You will build self-defense skills and abilities. Learn effective techniques in Muay Thai boxing. Applying punches, kicks, knees, and elbows. For all fitness levels.

**AquaFit**
In this weightless environment, you will improve muscular strength and endurance without the stress on joints. You will feel rejuvenated and destressed. For all fitness levels.

**World Dance Party**
You will learn uplifting dances from around the world. It’s about the fun and learning something new that will surprise you how much exercise you get. Appropriate for all fitness levels.

**Olympic Lifting**
A fun and challenging method of resistance training. You will learn safe and effective progressions for improving these lifts. Build strength and movement capacity. For all fitness levels.

**Hiit**
Fast and ferocious high intensity exercise, maximizing your time using these interval methods. We will use body weight exercises and other modes of resistance. Some exercise experience recommended.

**All Level Yoga**
Based on Hatha yoga, you’ll blend balance, strength, flexibility, and power in a fitness format. For all fitness levels.

**Belly Dancing**
Learn basic bellydance steps and body isolaions, along with full body strengthening exercises and folk dances from the Middle East. Gain an appreciation for this multicultural dance and its organs, and get fit doing it! All levels welcome.

**Circuit Training**
This 30 minute class will tone, shape, and build your body into a machine. Bodyweight exercises as well as strength implements will be used to tone muscle. All levels welcome.

**Spin & Tone**
A cardiovascular challenge followed by an off the bike strength and toning experience. Appropriate for all fitness levels.

**Restorative Yoga**
With a focus on breath and gentle movement, the stress will melt away. For all fitness levels.

**Zumba**
A fusion of international and Latin music creates a dynamic, exciting, and effective fitness program. Appropriate for all fitness levels.

**MixedFit**
Mixedfit is a people-inspired dance format that incorporates intense dance moves and easy to follow choreography as well as always having the freshest music. Appropriate for all fitness levels.

**VikingFit**
Learn progressive strength training methods with a focus on technique. You will finish each class with a moderate to high intensity conditioning workout using interval/circuit training principles. A competitive environment with a moderate level of physical conditioning necessary.

**Women on Weights**
Bring your friend and enjoy engaging this community building activity. Improve confidence, and learn your way around our Weight Room. We’ll teach you the most effective and safest methods of weight training. Appropriate for all fitness levels.

**Spin & Rest**
A fun and challenging method of resistance training. You will learn safe and effective progressions for improving these lifts. Build strength and movement capacity. For all fitness levels.

**HIIT**
Fast and ferocious high intensity exercise, maximizing your time using these interval methods. We will use body weight exercises and other modes of resistance. Some exercise experience recommended.

**AB Lab**
Focuses on trunk and hip intensive movements that are designed to improve back and functional capacity. An energetic and dynamic environment with social connection and team spirit. Students will build foundations of healthy movement. With a 30 minute new format.

**CrossFit**
A fun and challenging method of resistance training. You will learn safe and effective progressions for improving these lifts. Build strength and movement capacity. For all fitness levels.

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