

**Body Works w/ Lucie or Michelle:** This class revs up your metabolism by combining body sculpting and power moves with short cardio segments. The moves are easy to follow but challenging for all.

**Aquasize w/Lise, Suzette or Kathy:** Low impact water workout to improve the Cardiovascular system and tone muscles.

**Yoga w/Annie:** This 60 minute class places emphasis on breath, body alignment, and positioning. Postures or Asanas are demonstrated at different levels in order to target to all Fitness levels. Learn breath and relaxation techniques. Reap the benefits of increased flexibility, strength, balance, and the ability to relax. Mats are encouraged. There is a two dollar (\$2) charge per class paid directly to the instructor in the aerobic room.

**Functional Training/ Body Sculpting w/ Michelle or Lucie:** A challenging class devoted to strength and core stability. Combine this with cardio and you have the total package.

**Zumba Fusion w/ Annie, Lise or Suzette:** Zumba Fusion fuses high-energy Latin and International rhythms with easy-to-follow moves for a one of a kind fitness class. Add a Flat-Abs workout and Weight Training for a great toning experience.

**Yoga Flow Dance w/Suzette:** Connect Yoga poses using graceful movement patterns to improve posture, build strength, flexibility, clear stress, and reinvigorate your body and mind. Mats are encouraged. There is a two dollar (\$2) charge per class paid directly to the instructor in the aerobic room.

**Flex N' Stretch w/ Lise or Suzette:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Cardio Kick Box & Sculpt w/Lucie:** Combining Kick Box and upper body sculpting, this workout will challenge your body but not your mind with it's easy to follow moves. Cardio Kick Box only on Friday mornings.

**Legs, Butt, Pump & Gut w/Michelle or Lucie:** Get ready to work legs, glutes, core, & upper body using different tools to get the job done. Add a bit of cardio for a complete workout!

**Zumba Kickbox w/ Lucie & Annie:** Combines the best of Zumba & Kickboxing all-in-one fun, energizing class.

**All Class Instructors are Subject to Change!**