### EXERCISE CLASS DESCRIPTIONS

**Age Defying Workout:** A very popular class featuring exercise routines for the young at heart. Modifications are made to accommodate all levels of fitness.

**Aqua Fit:** A water workout that improves muscle tone and strength as well as cardiovascular fitness. Swimming skills are not necessary. Recommendation is to wear white or light-soled aqua shoes to effectively follow routines.

**Body Blast:** A fun, power packed workout that may include a variety of cardiovascular workout themes such as step, slide, kickboxing and more. Strength and flexibility work will also be included.

**BOSU (Both Sides Up):** Take your fitness – and your body – to a new level with this challenging workout. A high intensity challenge for your body, combining traditional exercises with the BOSU (Both Sides Up) trainer, balance disc, stability ball, and more.

**Circuits Plus:** This circuit workout will include compound movement combined with plyometric and intensity blasts to target all muscle groups.

**Core Cardio Fusion:** Focus on developing core strength and endurance. Incorporates a variety of resistance equipment plus short cardio bursts for a complete workout.

**Cycle:** An indoor cycling class designed to improve your fitness level. Climb and descend hills, or spin on flat "terrain". This class is an enjoyable group exercise, appealing to a wide range of exercisers.

**Cycle Blast:** A combination class of cycle with short bursts of "off bike" cardio intervals.

**GML (Good Morning Longview!):** Get your week off to a good start! A complete body class that will stretch, tone, and strengthen key areas to leave you refreshed and ready for the rest of the day.

**Hard Core 'n More:** Focus is on helping you build a stronger core PLUS working on an additional body part (or more) to tone & strengthen.

**Slide N Sculpt** - a combination class of cardio and weights to tone strengthen torso, arms and legs.

**Turbo Pump:** 30 minutes of kickboxing for a cardio workout, 30 minutes of strength to tone and strengthen muscles.

**Yoga:** (Beginner to Advanced) Yoga can help stretch, tone, and strengthen the body. A proven stress reducer, this class is truly for all ages. Bring your own mat, and dress comfortably. Bare feet are the norm. We suggest no meals (2 hours) prior to class.

**ZUMBA:** A fun, fat-burning workout like no other. ZUMBA uses an undercurrent of Latin rhythms to combine easy to follow dance moves to create a dynamic workout system that will tone, sculpt, and burn calories.