

20/20/20– Twenty minutes of step/cardio, twenty minutes of weight training & twenty minutes of stretching exercises.

Body Sculpt – Tone up and slim down! Each class is specifically designed by the individual instructor to provide participants with a total body workout. Cardio interval training class. Kick your regular workout up a notch!

K-Dub Dance – For dance enthusiasts of all kinds, this is a fun and high-energy dance class. Karen creates her own unique choreography, drawing from many different styles of dance. Music of all kinds is used, including many popular hits, seasonal songs and old favorites. The choreography can range from simple to complex, but well-timed cues make it enjoyable for beginners and seasoned dancers alike!

H.I.I.T.- (High intensity Interval Training) Adaptable workout combining brief periods of cardio techniques with strength training methods using light weights and body resistance.

Karate - Crystal Coast Eagles Goju-Ryu Karate Do is about changing behavior and building self-confidence. Instructors are well-trained and class sizes are kept small so students receive more direct training. Fees are reasonable with discounts for more than one family member. There are no contracts, no testing fees, and no equipment fees.

Kickboxing- emphasizes powerful movements to improve fitness, power, flexibility and agility.

Pilates- You'll use your own body resistance & weights to achieve stronger, more sculpted muscles and gain flexibility. This class focuses on mobility while stabilizing and strengthening your back as you strengthen your abs.

Pound® – A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series.

S.A.F.E. /Women's Self-defense – (Self-defense, Awareness, Fitness and Empowerment) For *women* of all ages- Combines fitness and personal safety.

Step Aerobics – Each class is specifically designed by the individual instructor to provide participants with a total body workout. Based on instructor discretion; classes feature a unique variety of step exercises accompanied by toning, stretching, weights, etc. Perfect for those interested in getting in shape with the use of the step, but without having to learn a lot of dance steps.

Tabata – The Tabata workout is a high-intensity interval training regime that produces remarkable results. A Tabata workout is comprised of an interval training cycle of 20 seconds, followed by 10 seconds of rest, repeated for several minutes.

Yoga as Therapy – Instructed by a physical therapist, this class incorporates core strengthening, spinal stability, stretching, balance and gentle yoga poses. The emphasis is on correct alignment and individual modification. Appropriate for all levels.

Yoga & Gentle Yoga – Physical and mental workout with a focus on breathing, relaxation, strength, and flexibility. Each class is appropriate for the beginner, immediate or advance participant with modification given for each level of expertise.

Zumba® - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat– add some Latin flavor and zest into the mix and you've got a Zumba® class!