**CRPD Fitness Class Descriptions:**

**HIIT (High Intensity Interval Training)** – total body, heart pumping, aerobic and strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy day gets started. Modifications for all fitness levels are provided.

**BootCamp** – A total body work-out to improve cardio stamina and build muscle using body weight, weights, resistance bands, battle ropes and more – leave no muscle behind! Break past your personal boundaries in a positive, supportive environment regardless of your skill level. No class is ever the same!

**Total Body Conditioning** – Mix-up of cardio and strength using steps, weights and bands all set to the tempo of motivating music.

**StepSculpt** – This class uses a fitness step to create a great cardio workout paired with total body sculpting exercises.

**Zumba** – Zumba is a combination of Latin rhythms and fun international dance steps. You’ll learn to love working out through dance with this upbeat class also known as a “workout in disguise”!

**Zumba Step** – Perfect blend of traditional step aerobics with energetic Zumba routines that creates a maximum-results workout.

**CardioKick** – A high energy, stress relieving workout! Kick and punch it into high gear and be prepared to sweat.

**Yoga** – Blending movement and breath for an ultimate mind-body workout. Whether you get sweaty or go mellow, you’ll get a workout to help incorporate balance, strength and flexibility.

**FlatBelly Pilates** – Concentrated work on developing core strength engaging the deep muscles of the core incorporating exercises to increase flexibility, balance and stamina.

**BootyBarre** – A class that incorporates the fluidity of Ballet, the flexibility of Yoga, and the core strengthening of Pilates with an emphasis on the glute muscles.

**Circuit Interval** – Move through different workout stations in this circuit training class in timed rounds that incorporate cardio and weight training.

**Total Body Training** – Burn fat and tone your body with this blend of cardio and strength training using a variety of equipment like steps, resistance bands and weights.

**Barre** – Combination of postures inspired by Ballet, Yoga and Pilates. This class focuses on isometric holds combined with high reps of small range-of-motion movements.

**Hula Hoop Fitness --** A low impact/high cardio hula hoop based workout that includes coordination building, core strengthening and body weight exercises.

**Hatha Yoga -** Uses bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind.