**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”!

**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.

**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.

**Piloxing** – A non-stop, cardio fusion of standing Pilates, boxing and dance. Piloxing is a high-energy interval workout that uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates.

**HulaHoop Fitness** – A fun low impact/high cardio hula-hoop based workout that incorporates coordination building, core strengthening and body weight exercises. No experience necessary!