## Class Descriptions

**Turbo Kick™** Have a blast in this action-filled cardio kickboxing, Beachbody LIVE class! Turbo Kick will lead you through fierce kickboxing combos and fat-scorching strength and cardio moves that will leave you feeling unstoppable!

**HIIT** (High Intensity Interval Training) is a total body heart pumping workout that combines resistance training with rushes of cardio. Increase your endurance, tone your muscles and leave with a boosted metabolism, which may last for hours after your workout!

**Yoga** This class will be a more beginner focused yoga class. Using the basic principles of yoga, this 45 minute class will take you through a gentle yoga flow using breath, alignment and core work to get you to your final pose in class, savasana.

**XaBeat** This dance-fitness class uses popular American music to provide high-intensity cardio and toning in a party-like atmosphere. Routines are easy to follow so you can concentrate on getting a great workout; perfect for all fitness levels.

**Zumba™** This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will keep you moving. No dance experience necessary.

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All classes are free for members - All levels welcome!  

*Schedule is subject to change*