



BODYPUMP is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

## Cycling

CYCLING is a freestyle indoor ride that takes you through a wide range of paces.



BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

## Yogalates

YOGALATES is your chance to work your core muscles, strengthen and lengthen with gentle music.



BODYJAM is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend and get front and center!



Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body. It's not a workout, it's a party!



BODYFLOW is the yoga, tai chi and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

## H2O Fit

H2O Fit is a basic water fitness class that is easy on the joints, yet very effective! Work your arms, core and legs with water resistance.



RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

## NORTHWEST KENPO KARATE

Kids Karate: Monday - Wednesday - Thursday 5:45pm - 6:30pm

Karate: Monday - Wednesday - Thursday 6:30pm - 7:15pm

Advanced Karate: Monday - Wednesday - Thursday 7:15 - 8:00pm

Please contact: Bryan: (509)995-2439