## Class Descriptions

**BODYPUMP™** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts.

**BOOT CAMP** is a challenging workout that uses a variety of cardio, strength training, plyometrics, TABATA training, circuits, stations, calisthenics, and bodyweight exercises to create the ultimate total body workout.

**CXWORX™** is a 30-minute core workout that uses resistance tubes, weight plates, and body weight exercises (like crunches and hovers). It also includes some hip, butt, and lower back exercises.

**PILATES** will help focus your mind and body. Classes focus on stretching and elongating your spine while strengthening your core. Build strength, flexibility, stability, balance, and coordination with mat series, stretching, and other exercises in this class!

**YOGA** is a class that aids with getting in touch with your mind and body! Focus on stretching out your body and mastering poses in this 60-minute workout. Instructors will help you reorient your mind and work your body all at the same time.

**ZUMBA** is the original dance-fitness party that features exotic rhythms set mostly to Latin and international beats. It's easy to do, effective and totally exhilarating!