



Fitness Class Descriptions

Absolutely Abs: A half hour of core stability training focusing on the abdominal and lower back muscles.



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!



BODYFLOW is the yoga, Tai Chi, and pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of moves and poses create a holistic workout that brings the body into a state of harmony and balance.

Morning Mix: Take one, mix and match or take them all! Classes will be held on Tuesday & Thursday. Start in the Cycling room for *Cardio Cycle*, and then go upstairs to the group exercise room for *Upper, Lower, & Core* strength plus one more dose of *Cardio Endurance*.

- Cardio Cycle A fast paced yet straight forward cycling class to get your heart racing
- Cardio Endurance Fun energetic movements to keep the heart rate elevated
- Upper, Lower, & Core Strength Working with a variety of resistance tools to increase strength of all the major muscle groups.

Pilates: Gain balance, stability, postural alignment, flexibility, muscle strength, and joint mobility.

Power Pump: A pump like no other. An intermediate/advanced total body weight training workout.

Step: Choreographed cardiovascular movements utilizing a step for 35-45 minutes followed by strengthening and stretching.

Cycle: Speed and excitement in this one-hour cardio workout. Simulate jumps, hills, sprints and climbs while burning up to 900 calories. Our instructors and music will inspire you. All ability levels welcome.

CLUB HOURS

MONDAY – THURS.
5:30AM-9:00PM
FRIDAY- 5:30AM-8pm
SATURDAY –8AM-5PM
SUNDAY 9AM-3PM

CHILD CARE

MON-FRI 8:00AM-11:00AM
MON-THUR 5:00PM-8PM
FRIDAY 5:00PM-7PM
SATURDAY 8:30-11:30

BRING A FRIEND

1 FREE CLASS
ON US!

CLUB 14 FITNESS

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