

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am		Boot Camp <i>Nick</i>	Step & Tone <i>Danielle</i>		
5:15pm		Yoga <i>Sarah Cheiky</i>			
5:30pm	W.O.W <i>Danielle</i>		Cardio Sculpt <i>Christina</i>	Yoga <i>Sarah Cheiky</i>	Phenomenal Abdominals (15 minutes) FREE <i>Danielle</i>

Class Description

Boot Camp: The workouts involve calisthenics like pushups, jumping jacks, crunches, and other body weight exercises...the difference lies in the intensity. In boot camp, your challenge is to take your body to its limit.

Cardio Sculpt: This class is a combination of cardiovascular exercise and strength exercises. It's a great way to boost your workout!

Phenomenal Abdominals: For 15 minutes get your abs toned and strengthened. Obliques, upper and lower abs are worked to get you closer to a more toned mid-section

Step and Tone: Featuring simple footwork without any intricate choreography, in combination with a weight workout. This step class allows you to focus on what really counts --- intensity, not complexity!

Yoga: Basic Yoga exercises, breathing and relaxation, for health of body, mind and spirit. Increase your flexibility, reduce stress and improve your ability to study and concentrate. Experience inner peace.

W.O.W: Women's Only Workout is a class that is geared toward women although all are welcome. A combination of cardio and strength training to help attack all the problem areas for women.

***Depending on response more classes may be added and are subject to change.**