

PEAK FITNESS CLASS DESCRIPTIONS

P=All Levels PP=Intermediate PPP=Advanced

ADULT HIP HOP JAM - A COMBINATION OF DANCING, CARDIO AND A HEAVY DOSE OF FUN! LEARN DANCE TECHNIQUES AND HIGH OCTANE HIP HOP, SURE TO MAKE YOU SWEAT! GREAT ENERGY, GREAT MUSIC! PP/PPP

BODY COMBAT™ – A FIRECELY ENERGETIC PROGRAM INSPIRED BY MARTIAL ARTS AND A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAEKWONDO AND TAI CHI. SUPPORTED BY DRIVING MUSIC AND ROLE MODEL INSTRUCTORS STRIKE, PUNCH AND KICK YOUR WAY THROUGH CALORIES TO SUPERIOR CARDIOVASCULAR FITNESS. PP/PPP

BODY PUMP™ – THE FASTEST WAY TO SHAPE UP AND LOSE BODY FAT. BODY PUMP IS A TONING AND CONDITIONING CLASS WITH WEIGHTS. PERFECT FOR MEN AND WOMEN WHO WANT TO ADD STRENGTH TRAINING INTO THEIR AEROBIC WORKOUT. HOT SOUNDS AND COMPELLING CHOREOGRAPHY KEEP YOU MOTIVATED AND COMING BACK FOR MORE! PP/PPP

ABS-OLUTELY - GET THE SIX PACK YOU'VE ALWAYS WANTED. 15 - 30 MINUTES OF CORE WORK TO STRENGTHEN AND TIGHTEN THE ABS. FAST AND EFFECTIVE! P/PP/PPP

CARDIO-KICK – KICK BOXING WITH A TWIST! THIS EXCITING WORKOUT GIVES YOU THE POWER OF KICK BOXING WITH FUN CHOREOGRAPHED ROUTINES, SURE TO MAKE YOU SWEAT AND SMILE! YOU WILL PROGRESS WITH NEW ROUNDS THAT CHALLENGE & ENCOURAGE YOUR MIND & MUSCLES! PP/PPP

CARDIO-MIX - A MIX OF YOUR FAVORITE CARDIOVASCULAR EXERCISES ALL ROLLED INTO ONE. HIGH ENERGY, FAT BURNING FUN! FROM STEP TO JUMP ROPE AND EVERYTHING IN BETWEEN. VARIETY AND MOTIVATING INSTRUCTORS WILL KEEP YOU COMING BACK FOR MORE! P/PP/PPP

CORE CIRCUIT - A VERSATILE CIRCUIT CLASS FOCUSING ON CORE STRENGTH AND STABILITY. YOU'LL WORK IN TIMED STATIONS WITH EXERCISES COMBINED TO GIVE YOU A COMPLETE CORE WORKOUT. AN ESSENTIAL WORKOUT TO ADD TO YOUR FITNESS ROUTINE! P/PP/PPP

FIT OVER 50 - CONDITION, STRENGTHEN AND STRETCH YOUR BODY BY INCORPORATING LOW IMPACT AEROBICS, WEIGHT TRAINING AND STRETCHING. SAFE, EFFECTIVE CONDITIONING FOR ALL. P

GRAVITY PILATES - SIMILAR TO A REFORMER, GRAVITY PILATES ADVANCES ACCESSIBILITY WITH ADAPTABLE GTS EQUIPMENT. WITH MORE THAN 150 PILATES EVOLVED EXERCISES, GRAVITY PILATES HELPS YOU CREATE LEAN MUSCLES, FLEXIBILITY AND COORDINATION. P/PP

PEAK BODIES - GET THAT STRONG, TONED BODY USING WEIGHT TRAINING FOR A TOTAL BODY WORKOUT. BUILD MUSCULAR ENDURANCE AND STRENGTH USING A VARIETY OF TECHNIQUES LIKE FREE WEIGHTS AND BANDS WITH SAFE AND EFFECTIVE INSTRUCTION! P/PP/PPP

RAISE THE BAR!

USING A VARIETY OF WEIGHTS, WORK YOUR BODY FROM HEAD TO TOE! MIX IT UP AND KEEP YOUR MUSCLES CHALLENGED! ALWAYS MOTIVATING, NEVER BORING! GET READY TO "RAISE THE BAR"! P/PP

REEBOK CORE – A FANTASTIC HEART PUMPING WORKOUT!!!YOUR MUSCULAR STRENGTH AND ENDURANCE WILL BE TESTED WHEN COMBINED WITH CARDIOVASCULAR MOVEMENT AND BALANCE TRAINING TO WORK THE CORE!! A TOTAL BODY WORKOUT FOR ANY FITNESS LEVEL! P/PP/PPP

STEP - TRY OUT ENERGETIC STEP CLASS AND FOLLOW UP WITH TONING TO COMPLETE A FULL BODY WORKOUT! **MULTI-STEP** USES 2 OR 4 STEPS TO CHALLENGE AND MOVE YOU LIKE NEVER BEFORE! P/PP

SPINNING - A CUSTOMIZED STATIONARY RACING BIKE GIVES YOU A SMOOTH WORKOUT FOR BEGINNER OR ADVANCED! LEARN HOW TO INCORPORATE THE USE OF HEART-RATE MONITORS TO GET A SAFE AND EFFECTIVE CARDIOVASCULAR WORKOUT. DON'T FORGET YOUR WATER AND A TOWEL! P/PP/PPP

ZUMBA – DANCE YOUR WAY TO A FITTER YOU! EXCITING, UNIQUE LATIN DANCE MOVES AND RHYTHMS. P/PP/PPP