

Class Title	Description
Body Sculpt	BodySculpt is a class geared to people on their lunch break from work. We concentrate on strength training moves only with very little cardiovascular exercise. It includes a warm up, total body strength training section and a cool down. <i>Included in your Credit Union Place membership or \$5.55 drop-in fee.</i>
Broga	Discover the benefits of Yoga in a class designed for men and find out why top athletes use this ancient practice to increase strength and flexibility. The class will be a blend of flows, stretches and movements to help increase strength and improve the mind body connection. Whether you're a bodybuilder, weekend warrior or just looking to touch your toes, Broga will improve all aspects of your training and help you to not only move better but feel better too! <i>Included in your Credit Union Place membership or \$5.55 drop-in fee.</i>
Midday Yoga	Yoga is designed to unite the mind, body and spirit using breathing techniques and meditation. Midday yoga is practiced during the lunch hour in order to relieve stress and tension and restore balance for the rest of the day. This is an introductory style of yoga, and is suitable for those of all skill levels. <i>Included in your Credit Union Place membership or \$5.55 drop-in fee.</i>
PIYO	Piyo is a class that's inspired by Yoga and Pilates. It a great low impact class for every age and fitness level. It has modifications for the more challenging exercises so that everyone gets a great workout for their body.
Strong by Zumba	Perfect For Fitness enthusiasts and students looking for a more challenging, high intensity interval training workout. How It Works With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. Benefits Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn. <i>Included in your Credit Union Place membership or \$5.55 drop-in fee.</i>
Yin Yoga	Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. Yin yoga is a slow-paced style of yoga with poses, or asanas, which are held for longer periods of time—five minutes or longer per pose is typical. <i>Included in your Credit Union Place membership or \$5.55 drop-in fee.</i>
Zen Athletic	Blending mindfulness and athleticism into one powerful 30 minute class. Using a combination of Kettlebells, TRX, Body Flows, athletic drills and boxing. This class is geared towards athletes, weekend warriors and those looking for a new challenge. <i>Included in your Credit Union Place membership or \$5.55 drop-in fee</i>
ZUMBA	Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. How It Works We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Benefits A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. <i>Included in your Credit Union Place membership or \$5.55 drop in fee.</i>
Zumba Gold	Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. How It Works The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of



	<p>motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.</p> <p>Benefits</p> <p>Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!</p> <p><i>Included in your Credit Union Place membership or \$5.50 drop-in fee.</i></p>
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