



BEACHBODY



Adult Fitness Classes



Monday

6:00-6:15pm-15 min Ab Buster

6:15-7:00pm-Cardio Kickboxing

Thursday

5:15-6:00pm-Fat Blaster Cardio Smash

6:00-6:15pm-15 min Ab Buster

6:15-7:00pm-Country Heat LIVE

15 min Ab Buster: 15 mins of basic core training, strengthen and stretching your mid section. Its just 15 mins!

Fat Blaster Cardio Smash-interval of strength training and athletic aerobic conditioning (no choreography).
Experience high-low impact cardio training.

Cardio Kickboxing: Sport specific warm-up, high and low cardio intervals, easy to follow combinations, kick-boxing specific strength/endurance training and a Tai-Chi like cool-down.

Country Heat Live: This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. And in no time, you will be addicted to the simple steps and catchy country songs that make it such a fun-filled, calorie-scorching good time!

Special Offerings

January: New Year Resolution: Punch Card: \$50.00 for 6 Classes. Receive 4 FREE Classes You Can Mix and Match

February: Buy Your Love Pass: \$50 for 6 Classes. Receive 2 FREE Classes You Can Mix and Match

Individual Drop in \$10 for 45 min Classes/ \$8 for 15 min Classes

Punch Card Pass Year Round: \$50 for 6 Classes (half punch used for 15 min classes)