

# HealthSPORT

## GroupX Class Descriptions

**Bliss Yoga** - Achieve flexibility through the release of deep tensions and stresses.

**BootCAMP** - High intensity class to help you reach your potential.

**Cardio Strength** - Intense cardio workout (may include simple step and cycling) combined with strength conditioning.

**Cycling** - Low impact cardio meant to make you sweat, no complicated movements.

**Hatha Yoga** - Sustained postures with emphasis on alignment. Props are utilized.

**Pilates Mat 1** - System of exercise involving stretching & breathing to strengthen your core.

**Step** - Fat burning cardio on a platform. All levels welcome.

**Strength Conditioning** - Total body workout. Basic weight training techniques.

**TurboKick** - Combination of kickboxing and dance moves to high energy music.  
The ultimate cardiovascular challenge.

**Zumba** - Latin Rhythms with easy to follow moves.

## Specialty Class Descriptions

**Personal Training** - Work one on one to develop a personalized fitness plan to achieve your goals.

**FIT Club** - Lose weight the right way! Exercise and Nutrition programing with accountability, motivation and support. 12 week program.

**FIT Club TONE** - Exercise and nutrition programing with accountability, motivation and support.

**TRX Suspension Training** - Engage all your muscles, build overall strength, balance and flexibility.

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