

Updated group ex class descriptions \*\*Winter/Spring 2012\*\*North Park

Circuit Challenge- Burn tons of calories with this mixture of strength training and cardio! Using 30-second increments, you will rotate through a circuit of different exercises. Next, we run, jump and skip around the gym to keep you working hard.

Yoga-lates- A fusion class of yoga and pilates. We will combine poses and exercises from each discipline to strengthen, tone and create leaner muscles with a strong core.

Strength and Conditioning- Strength and conditioning through the use of weights, plates, balls mats, and last but not least your own body weight.

Belly Dance Fitness- This innovative workout will give you flexibility, poise and confidence. This class is for all fitness levels.

X-Fit- A class that goes back to the basics with your own body weight. Designed to go at your own pace, yet still challenge yourself.