



****Gym Membership** - NO CONTRACT!!!**

- ~Workout in the gym whenever you want! (Treadmills, Ellipticals, Bikes, Weights and more)
- ~Over 90 Classes a Month (All classes below!)
- ~Free Kids Zone (Kids Play Room)

Payment Options: 1. Auto bill (w/credit, debit or prepaid card):

\$69 First Month/\$20 a Month thereafter

****ASK THE FRONT DESK ABOUT OUR CURRENT SPECIAL FOR NEW MEMBERS****

*****Class Descriptions*****

Zumba

Party yourself into shape! The Latin-inspired, easy to-follow calorie-burning, dance-fitness party! Let loose!

Zumba Sentao

By transforming your chair into a sizzling dance partner, this class strengthens your core & sculpts muscle in a new way!

Zumba Toning

Take the original Zumba dance-fitness class to the next level! Come try the muscle shaping system with the use of lightweight weights that will help you build coordination, muscular strength and reshape your body.

Booty Burn

Get ready to turn your saggy booty into a perky, round bum! This class guarantees to lift, tone and firm your glutes working the three major muscles of the buttocks from countless angles! Squats, lunges, kicks and so much more!

Kardio Kickboxing

Blast your body in all directions with cardio, kicks & boxing! Improve strength, aerobic fitness, speed, flexibility, & balance.

Body Blast

A total body workout utilizing body resistance and cardio dance training! Burning 750-1000 calories in a single 50-minute high-energy workout by stimulating different muscle groups in each segment! Never, ever boring!

Piloxing

Sculpt your body with a mix of Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout.

Pound

Tone your entire body & rock out to your favorite music using lightly weighted drumsticks called Ripstix. The workout fuses cardio, Pilates, Isometric movements, & Isometric poses helping you drum your way to a leaner body!

Yoga

Improve your posture, stretch your entire body and enable weight management while obtaining a state of joy and peace. The yoga method will also lead you to focus on breath control and meditation. Namaste. **Class is better done with NO socks or shoes.*

Spin Zone

Come on in for a calorie burning ride! Head out on a journey without leaving the room during this simulated road ride using fast flats steady hills, sprints and interval training.

Tone, Tighten & Trim

Get ready for a total body workout including lifts, pulls and pushes, targeting all of the body using weights and body weight exercises!