

West Class Descriptions

Body Sculpt

Define, Tone, Lean, Cut Up. This class will do it all. A weighted workout utilizing weights and bands to define your muscles.

Bootcamp

The ultimate workout for weight loss and building strength. This class will challenge your body with intervals of high-intensity exercise and short periods of rest. Little to no equipment is required.

High Fitness

HIGH Fitness is a fun fitness class that incorporates interval training with music you love, and intense easy-to-follow fitness choreography.

Total Body HIIT

This class is a workout of quick bursts at high-intensity movements, followed by a period of resistance training using dumb-bells and/or bands. This class will burn calories, build lean muscle and increase metabolism.

Yoga

We combine breathe work and stretching into a challenging workout that promotes flexibility, strength and balance.

Zumba

Zumba is fun, different, easy and its effective. It is a latin-inspired class that combines Latin and International music and dance movements.

Aqua Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-10:30am	Raeann	Raeann	Raeann	Raeann	Raeann	

Club Hours

Monday-Thursday 4am-11pm

Friday 4am-10pm

Saturday-Sunday 6am-8pm