

Clovis Class Descriptions

Beginning Pilates

This class will accommodate all fitness levels to increase strength, flexibility and balance of the entire body.

Conditioning & Core

A low to no impact class that builds muscle strength, muscle balance and a complete core. Utilizes your body's resistance, bands and ball weights. Beginner to advanced!

Dance Fitness

It's a 60 minute DANCE PARTY! High energy, full body workout incorporating hip-hop, pop and aerobics set to today's hits & yesterday's favorites. Easy to follow choreography, dance fitness is perfect for all ages and fitness levels.

High Fitness

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

Highyo

Incorporates stretching, strength and balance to improve overall health. Created to leave you feeling amazing!

H.I.I.T

High impact plyometrics that focuses on sport conditioning. Intermediate to advanced fitness levels.

Kick Fit

Intense & fun cardio kickboxing, step and strength interval workout.

Pilates

An intense routine to develop core strength, focusing mind and body to build a longer, stronger, leaner body.

Sculpt

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

Surge Fit

Combination of HIIT cardio that pushes fat burning systems into high gear intertwined with targeted weight training to shape and tone your body for maximum results, all set to music you know and love!

Surge Hybrid

Combines functional and isolated weight training, using dumbbells and your own body weight, with a few short cardio bursts for a fun, challenging, music driven, full body workout. Hybrid enhances strength and definition of every muscle group leaving you feeling energized and empowered.

Surge Strength

High-rep targeted weight training workout to music you know and love, that will leave you feeling lean and strong!

Turn Up

This class is unlike any other dance fitness format out there. Turn Up Dance Fitness is somewhere we come to evolve unapologetically, live loudly and dance ruthlessly! We WORK, we SHAKE, we FLEX and we SLAY!

Water Aerobics

A low-impact, high-intensity workout in our Jr.Olympic size, indoor pool.

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
8:30am-9:30am	Sherrod	Sherrod	Sherrod	Steph	Sherrod
6:00-7:00pm	Z		Z		

Club Hours

Monday-Thursday 4am-11pm

Friday 4am-10pm

Saturday-Sunday 6am-8pm