

# 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.

## 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 Low

A lower impact, steady state cardio workout. A mix of cardio and toning tracks that will take your fitness to the next level. Adaptable to all levels of fitness, you can go LOW, but will always leave feeling HIGH!

## High Yo

Yoga inspired, music driven stretching. This lighthearted format incorporates stretching, strength and balance to improve overall health, and show what a difference stretching can make in our lives and for our bodies. High Yo was created to leave you feeling amazing, help you appreciate and take care of your body, help prevent injuries, and maintain overall good health.

## Kettlebell

Define, Tone, Lean, Cut Up. An hour workout utilizing kettlebells.

## Kettlebell HIIT

This class involves dynamic exercises using kettlebells, combining strength and cardio elements. Participants perform intervals of intense exercises with short rest periods, promoting calorie burn, cardiovascular fitness, and overall strength. Movements often include kettlebell swings, squats, lunges, and more, creating an efficient and challenging workout

## Sculpt Fuse

A low impact sculpting class using a mini band and the use of burners, leg finishers, cone tracks, and deep core. Great way to become stronger using resistance and sculpting your body.

## Strength & Stretch

A combination of strength building exercise, using hand and body weights followed by a stretch section that will benefit and lengthen the muscles that were just worked in the class...40 minutes of weight training, 20 minutes of stretching. The idea is to get the body and the muscles very warm and then lengthen them while they are still warm so stretching can be done in a safe manner.

## Total Body HIIT

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

## 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 Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-10:00am	Cathy		Cathy		Cathy

## Club Hours

**Monday-Thursday** 4am-11pm

**Friday** 4am-10pm

**Saturday-Sunday** 6am-8pm