

# 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

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
9:30am-10:30am	Abigail		Abigail		Abigail	

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## Club Hours

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

**Friday** 4am-10pm

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