

# North Class Descriptions

## Cardio Funk

Combining dance, kickboxing, butts & guts to burn calories to music from the 70s to today's hits. Come for the cardio, stay for the funk!

## Cardio Kickbox

A "hard-bitting" aerobics class with a martial arts attitude. Jab, hook, punch and kick with our experienced boxing instructors.

## 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.

## Kickbox Circuit

A great interval workout. Pump up your heart rate with boxing and kickboxing intervals mixed in with a weighted workout.

## Sculpt

Define, Tone, Lean, Cut Up. This class will do it all. An hour 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 Strength

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

## Tone & Sculpt

Through the use of weights, bands and step benches this class will define, tone and give you a little cardio. This class will do it all! All levels welcomed.

## Turn Up Dance Fitness

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	SATURDAY
8:30am-9:30am	Alicia		Alicia		Alicia	
6:00-7:00pm		Nancy		Nancy		

## Club Hours

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

**Friday** 4am-10pm

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