

West Class Descriptions

Ab & Glute Camp

This class is an intensive workout focused exclusively on the abdominal and gluteal muscles. Targeted exercises are aimed at shaping, toning, and strengthening the glutes and abs. Workouts will include a mix of squats, lunges, glute bridges, crunches and planks to improve core

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.

Cardio Fuse

Cardio Fuse blends elements of aerobics, kickboxing, plyometrics, resistance training, and core work for a full body workout. The music will push you to new limits in Fuse!

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

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.

Yoga Sculpt

Yoga sculpt is a combination of breath to movement using traditional yoga, vinyasa flow combined with the strength of hand weights.

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	Mary		Mary		Mary

Club Hours

Monday-Thursday 4am-11pm

Friday 4am-10pm

Saturday-Sunday 6am-8pm