

**Revolution** This class is for everyone! It is the perfect way to get a great workout that burns calories and keeps your muscles in shape. It involves various cycling drills that offer an exhilarating cardiovascular workout.

**Zumba** A fusion of Latin and International music/dance themes creating a dynamic, exciting, effective fitness workout! The routines feature simple, easy to follow, repetitive dance steps, aerobic/fitness interval training that tone and sculpt the body. All Fitness Levels – even those with two left feet!

**Zumba Toning** When it comes to body sculpting, Zumba<sup>®</sup> Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

**Fire** Fire is our sports inspired group exercise class! The class is designed with two cardio sections. You will begin the class with some heart pumping cardio and then break halfway through for some upper and lower body conditioning. You will push yourself a little further in the final round with more cardio and finally some core work and a well deserved stretch and cool down!

**PiYo Strength** Relax & Stretch? No Thanks; I'm a cardio Junky! Don't worry... PiYo™ is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability!! This class is for those who color outside of the lines! It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced, either way, you'll get results.

**RIP** RIP is a 60-minute barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

**Versatone** will take your workout to the next level! Combining cardio, strength and plyometric exercises in one class using barbells, benches, and your own bodyweight! This class will put your metabolism into overdrive while increasing your stamina, strength, power and agility!

**WAR** Become Armed & Dangerous! WAR is more than just a class it's a way of life. WAR makes a full attack on obesity and inactivity. It gets you off the couch, out of your office, and into an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Lace up and be prepared to kick fat cells in the gut, knockout stress, and win the war on gaining strength, heart-lung function, and flexibility.

**Power Step** POWER STEP is a 60-minute step program designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. POWER STEP strengthens the heart, increases bone mineral density, improves coordination, and tones the lower body, with every step you take.

**Piloxing** PILOXING uniquely mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging.

**Intense Intervals** This 30, 45, or 55 minute program combines intervals of cardio, muscle conditioning, plyometrics, and a punch of mixed martial arts to give you a sweat drenched calorie burning workout!

**GBABS (Guns, Buns, and ABS)** We've blended "Butts and Guts" and "The Gun Show"! The first half hour will blast, tone and shape your hips, thighs, butt, lower back and abdomen while the latter half will target the upper body and get tank top ready for summer! We will focus on sculpting the arms, back, shoulders and chest. Look your best for summer vacation and show off your "guns"!

**As always, Studio Fit is a step above the rest by providing physical evaluations, fitness assessments, and health screenings performed by licensed professionals in the field.**