

STAB FIT

GPT CLASSES (Group Personal Training)	
STRENGTH	Designed specifically to build STRENGTH, this class will take you through timed intervals that focus on quality and increase power through the movements. Participants will be challenged through multiple levels of load while perfecting their technique in order to achieve the optimal amount of strength through all ranges of motion.
FORCE	Training full FORCE at a high intensity is proven to be the fastest way to reach your goals. Our Afterburn coaches motivate you to give your all with advanced movements designed to challenge your entire body during this team training session. High intensity anaerobic exercise burns more calories than simply doing cardio so join us in FORCE to blast the fat faster!
MIND/BODY FITNESS CLASS DESCRIPTIONS	
PILATES (55 min)	Lengthen your muscles and improve your core strength and increase flexibility, which in turn will strengthen your entire body. This is an excellent class for all levels that are looking for better body tone and definition combined with stress reduction and relaxation.
RISE AND SHINE YOGA (55 min)	Start your morning off on the right foot! Focus on meditative movement to enhance mind/body unity, build strength, balance, and coordination. Learn proper breathing techniques and correct spinal alignment.
<i>Stability & Balance</i> (45 min)	Improve core strength, balance, and flexibility with a series of upper and lower body stability challenges. Restorative breathing techniques and postural condition are enhanced from a seated or standing position.
YOGA (55 min)	Yoga helps you to harness mental focus, manage stress, feel strong, and empowered as you move through the Yoga poses. You will become stronger, more flexible, and improve your balance in this class as you decompress from the day, you will feel refreshed, and your tomorrow will begin refreshed.
YOGA-LATES (55 min)	A combination of yoga and pilates. Work your core, lengthen, and tone your leg muscles. Practice of yoga poses for balance, strength, and flexibility.
Group Fitness Studio	
BRING IT ON	This class is designed to get you super fit, super fast! With STRENGTH, PLYO, and CARDIO formats, your body will transform into the athlete you strive to be! Coaches will provide individualized instruction along with motivation and drive to push you to the next level.
 Muscular Strength	Includes SilverSneaker exercises that improve upper body conditioning, focusing on different muscle groups to tone your muscles and build overall strength.
POUND (45 min)	POUND fitness uses weighted RipStix and is specially designed to put you in the calorie scorching zone. Sculpt your upper body, slim, and strengthen your lower body, and get a rockin' core!
 Cardio Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.
Circuit/Interval Training	Experience the ultimate in fitness. Speed drills, plyometrics, strength, and power are key factors in this effective metabolic workout. Your body will be burning calories 24 hours after class. Take your fitness routine to the next level! Come ready to sweat and work hard!
TABATA (55 min)	Short duration, high intensity interval training is where it's at in the fitness industry! This type of training continues to burn calories at a higher rate long after the workout session is complete. The results of a Tabata workout can reap the same benefits as a longer steady state workout, such as running for a half hour. Take the challenge!
PUMP IT UP! (55 min)	A full body muscle conditioning class utilizing a variety of equipment to develop symmetry and muscular balance and strength. An effective ab workout and stretch completes your workout.
Aqua Class Descriptions	
POWER SPLASH	This moderate to advanced water workout class features a more intense cardio workout than our regular classes. Strength training is emphasized with the use of resistance equipment.
AQUA YOGA (30 min)	Aqua Yoga is a gentle and very low impact aquatic activity that takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity, the body is able to find the optimum stretch. By using the rhythm of the breath, an inner sense of relaxation can be achieved.
Aqua Boot Camp	Looking for something different in your fitness plan? You love boot camp on land ... try it in the WATER! This high intensity class will use the resistance of water to shape and tone muscles not to mention a great cardio workout! Aqua Boot Camp will offer an athletic approach to water fitness training with a combination of strength training.
AQUA AEROBICS	Splash into this low-impact cardio and conditioning class that uses the latest aqua fitness exercises to provide a high energy workout that is easy on the joints. This is a great class for adults looking to maintain or jump-start a fitness program. All fitness levels welcome!
<i>AQUA BALANCE</i>	This class allows you to exercise without putting excess strain on your joints and muscles and are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance with plenty of friendly fun.
<i>tAQUAta</i>	Aqua + Tabata = tAQUAta! This course is based off of the Tabata workout which uses High Intensity Interval Training to improve cardiovascular and metabolic systems. This course uses the natural resistance of water to provide power moves without impacting joints. tAQUAta offers a balanced emphasis on cardio, strength, and core.