

STRENGTH CLASSES

Strength classes are available to sculpt and define every major muscle group through the use of a variety of training materials. The goal is to improve both muscular strength and endurance.

Muscle 101: This class develops proper form and technique through functional strength training. It is an instructional class that will focus on identifying the appropriate weight training levels for participants and ensure movements are performed correctly.



Tone-N-Tighten (TNT): Tone-N-Tighten every major muscle group in an efficiently paced, hour-long workout. This is a total body strengthening and toning class that uses a variety of resistance options.



Complete Core: This all-level class increases core body strength and endurance. Abdominal and lower back exercises improve functional movement, balance and coordination. **(30 MINUTES)**



Butts-N-Guts: Butts-N-Guts trains and tightens all regions of the lower body. This concentrated 45-minute toning class focuses on the abs, glutes, legs and lower back using weights or body resistance. **(45 MINUTES)**



Above the Belt (ATB): ATB is a 30-minute, all-level, non-cardio class that strengthens the various muscle groups of the upper body. It will improve posture through challenging upper body strength and endurance exercises. **(30 MINUTES)**



Below the Belt (BTB): BTB is a 30-minute, all-level, non-cardio class that strengthens the various muscle groups of the lower body. It will target the upper and lower legs as well as the glutes through controlled conditioning movements. **(30 MINUTES)**



DID YOU KNOW...

Regardless of your fitness experience, instructors will guide you through our group fitness programs by providing options to fit your ability and skill level.