

**All classes are meant to be for any fitness level and ability! Be sure to arrive early so you can inform the instructor if you have any health issues or concerns! \*\*Zumba, Boot Camp and Extreme Kickboxing are an additional fee! See front desk for more info!**

**\*\*ZUMBA:** is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Taught by two amazing, highly educated women! They are so amazing that they will have you coming for more!

**Yoga Fusion:** is blend of Hatha yoga and fitness specific yoga. It is a class for every fitness level and experience level. We blend the stretching of yoga and the strength building concepts of traditional poses to maximize flexibility. Many instructors incorporate the core building concepts of Pilates to work on posture and abdominal strength. This is truly a class for all!

**AB Burner:** is a class all about working the muscles of the stomach and back! Come build your abs with our unconventional exercises that will have your core burning! Learn proper techniques to increase your abdominal strength! Class also has a focus on correct posture and body alignment. Come work with a lean, mean ab burning machine, who is ripped and ready to work you out!

**Strength and Core:** is a total body work out that uses a variety of exercise to increase your strength and endurance. It is a high energy class that trains you in speed and agility through cardiovascular movement! We make sure to spend time lifting weights to increase muscle strength. Equipment used includes BOSU ball, jump ropes, dumbbells, exercise tubing and any other piece of equipment that will help shape and strengthen your entire body!

**Circuit Training:** is a group exercise class comprised of stations used to build muscular strength and cardiovascular endurance. Using gym equipment and your own body as resistance this class will help you reach your fitness goals! You will run, jump, lift and go beyond what you thought you could do, but will be amazed at what you can do when you set your mind to it!

**\*\*Boot Camp:** is an in your face, kick your butt kind of class! Taught by Vision Quest's personal trainers you will push your body to work harder than you ever have before. You will be amazed by how flipping tires and juggling ropes you will transform your body and reach your fitness goals! This class is also set up in station form and uses work out equipment found throughout the gym.

**\*\*Extreme Kick Boxing:**