

# Where to start?

- Classes are ranked on intensity level
- Please move up & down the intensity levels as you choose. It's important to change up your workout routine to maximize results
- Want to try a new class – DO IT!



## New to Fitness

- Barre Booty Ballet
- Gentle Yoga
- Zumba on Fire
- ZumBARRE
- Yoga/Pilates
- Mobility
- Heavy Hoops
- Bring It! For Life®\*



## Ready for a challenge

- BodyFit
- Body Shock
- Strength & Stretch
- Circuit
- CrossFit



## Bring It! On!

- Total Conditioning
- Tabata
- Trail Conditioning
- CrossFit 360
- Insanity
- Peak 10®\*

\*Peak 10® is an 8 week private program

\*Bring It!for Life® is a 8 week program that also allows drop ins