

Quick class reference guide

Class type	Class name	Description
Kettlebells / Dumbbells	CoffeyFit: Slimsculpting 1 - 2	Workouts 1 & 2 are truly effective total body slimmer using a single dumbbell or kettlebell. Slow, deliberate and empowering.
Cycling / Spin	Pedal Power	Put the pedal to the metal and cycle your heart out with this indoor cycle workout. Another hill pumping, heart thumping, speed jumping workout that leaves you soaked and spent as you blast away the calories without any impact to your knees and joints.
Balance Balls	Quickfix: Total Body Balance Ball	While on or holding your Balance Ball® alternate between challenging cardio intervals and targeted strength-building sequences focusing on your entire body: upper, lower, and core.
Step Risers	Angie Gorr Ultimate Sweat and Tone: Cardio Followed by Strength	Get your heart pumping with cardio followed by strength training. Work your shoulders, triceps, back, chest, calves, quads, glutes, hamstrings and abs with this amazing total body workout.
Walking	Gaiam Walking: AM Walking for Weight Loss	Designed to wake you up, AM Walking starts slowly and gradually adds more challenging movements. Anyone can do the-basic moves - simple marches, lateral steps, lunges and heel taps along side calm, knowledgeable and exceptionally motivating cues. You'll feel like an elite athlete with your personal coach - keeping you mentally focused.
Chair	Easy Does It: Seated Movements 1	A proven mix of exercises especially modified for seniors. This is a full body workout that emphasizes balance, flexibility, strength, posture and cardiovascular health through a series of basic seated and standing movements. It is designed for safety and comfort. Soft, low volume acoustic music plays throughout. Well cued and easy to follow.
Dance	Rhythm	This is a fun "entry-level" zumba-esque class that will teach you many of the basic/common moves found in latin-dance classes.