



**SimplyFit**  
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**TBS – Total Body Strength** - This workout is a full body strength focused workout. Using dumbbells and your own body weight you will go through a variety of exercises, squats, lunges, shoulder press, bicep curls are just a few of the staple exercises. Classes are 55 minutes.

**Zumba** - We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba combines all elements of fitness: cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class. Classes are 55 minutes.

**Spin** - This fast-moving class is performed on a stationary bike to simulate a realistic bike ride using music and an instructor as a motivator. Discover your goals and limitations while acquiring a variety of cardiovascular benefits. Classes are 55 minutes.

**Yoga Flow**- This relaxing practice focuses on the release of tension in the major muscle groups through long deep stretching. Classes are 55 minutes.

**HIIT** - In this high-intensity interval training class, you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Classes are 55 minutes.

**Strong** - Strong is a high intensity interval training workout driven by the science of Synced Music Motivation. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn. Classes are 55 minutes

**Boot Camp** - Built on three fundamentals of training: cardio, strength, and agility. A boot camp workout is essentially a type of interval training - bursts of intense activity alternated with intervals of lighter activity. Classes are 55 minutes.

**30-30** – In this workout you will spend 30 minutes on upper body exercises and 30 minutes on lower body exercises – using body weight, dumbbells, bands, and balls. This class will give you a total body workout to build strength and tone the muscles. Classes are 55 minutes.

**Cardio Kick** – This high-energy workout challenges beginner and advanced exercisers alike. The class combines martial arts including punches, kicks, and knee strike techniques with fast-paced cardio all set to fast-paced music. Build stamina; improve coordination and flexibility and burn calories as you build lean muscle with this fun and challenging workout. Classes are 55 minutes.

**Yoga** This practice focuses on the release of tension along the spine, in the hips, and in the major muscle groups. The practice is confined to the mat-postures are seated, kneeling, and reclining with attention to slow and deep breathing, while maintaining poses through several breaths. Classes are 60 minutes.