

CLASS DESCRIPTIONS

ALINE – Alexis leads you in today's most popular line dancing moves. Come boot, scoot, and boogie with this fun and exhilarating line dancing class!

BASKETBALL – Yep – basketball. Go through drills before you play a bit of B-Ball. Any level either night!

BEGINNER MMA, by Taylor Turner : Mixed martial arts or "cage fighting" has been gaining in popularity very quickly. In these classes you never have to actually get in the cage if you don't want, but will learn everything from stand up fighting to on the ground w/o actually getting hurt.

BJJ, of Brazilian Jiu Jitsu include fitness, self confidence and self defense. This a traditional sport that has long been used to show people how to use their bodies to defend themselves and gain strength and coordination all in one. .

BREAK BASIC – Come learn basic moves to break out into this exciting Break Dancing class. Don't worry – we have moves for the beginner to the advanced BBoy or BGirl. Taught at GForce Fitness exclusively by Nate Macolly.

COUNTRY BEAT Have Fun And Dance to Country Music. This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. And in no time, you will be addicted to the simple steps and catchy country songs that make it such a fun-filled, calorie-scorching good time! Taught by Alexis Householder.

GFIGHT - all Warriors encouraged to attend. Punch and kick your way to fitness and burn lots of calories in this non-contact class that offers kick boxing, boxing, and MMA moves. Gretchen (AKA GForce) teaches this awesome class for beginners all the way to the advanced who is looking for a good cardio kick and strength training all in one class. **THIS CLASS IS FOR GUYS AND GALS!**

GFLEX - This class focuses on rehabilitative stretching to help you perform at your optimal peak during classes. Gentle stretches that have a low-impact way to get your muscles moving without putting a lot of stress and pressure on them. As a result, it's often used as a tool in the recovery process after an injury or returning to fitness. ALL levels welcome – modifications available even if you can't get on the floor – this class offers alternatives to help you be a better you!

GFUNK - Glow in the dark as you dance your way into shape with great music, fun moves and amazing people! It's a high energy dance party that will make you forget you are working out, all while burning a ton of calories. This workout is easily modifiable and is suitable for anyone of any age! Make sure you wear your neon! Instructed by Brandy Sawyer.

GPOWER - delivers benefits in this full-body workout AND burns calories, shape & tone your entire body, increase core strength & improve bone health with weight training w/a barbell! GForce (Gretchen) will lead you to a more lean sexy machine - YOU! **THIS CLASS IS FOR GUYS AND GALS**

GROUP TRAINING – Personal training in a group environment. This class will be tailored to the individual need based on fitness level, need, and goals. You will leave feeling proud of yourself for you will achieve great things with this class. Shamir leads you to success in this class!

KETTLEBELL - A blast from the past! One of the oldest pieces of equipment in history, is the new Craze! Kettlebells produce results! This well-rounded kettlebell program, taught by Dee, not only burns fat, to sculpt, tone and define, it also increases flexibility and balance! In this hands-on class we will lead you through the basic holds, lifts and moves while progressively challenging you to the next level!

KICKBOXING/BJJ by Taylor Turner (KMAA): Learn how to kick box, get a calorie burning workout and have fun at the same time. We mix it up between working with partners and on heavy bags but don't worry, you won't be hit in the face...unless you want to :) This class is filled with all levels.

KICKBOXING FITNESS - kickboxing class is an amazing way to get in shape and learn world-class striking skills at the same time. You can totally do this class! Shamir delivers expert advice & direction for you to blast fat and have fun!

MUNA – AKA Strength Train Together. Combines strength exercises and functional training moves, utilizing a barbell, weight plates, and your body weight, to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout! Taught by Muna.

MUTU - Are you ready to strengthen your core?! Let's get strong, fit and body confident! This program, taught by Dee, is strategically designed for those who want their bodies to look, feel and function better! Lose weight, improve strength, tone and fitness! Join us for a complete body makeover.

POUND - an exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and appeals to men and women of all ages and abilities.

PILATES - Alexis Householder teaches how Pilates emphasizes your body's core — the abdomen, obliques, lower back, inner and outer thigh, butt, and so on. This class develops much of what exercisers need — strength, flexibility, muscular endurance, coordination, balance, and good posture — with a much lower chance of injury than with other forms of exercise. The discipline emphasizes correct form instead of going for the burn.

SPIN and RPM – Gold's Gym: A high-intensity, indoor cycling workout to burn fat and get fit fast! 27 bikes available on a first come first served basis.

STEP - Come STEP your way to fitness in this fun fat blast class. Pure Cardio performing simple dance moves on base step. Step will take you to the next level while having fun to great music. Alexis will show you all you need to sweat, burn calories and have fun while becoming more fit!

TAI CHI - Tai Chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits.

TOTAL BODY - combines cardio with weight resistance for TOTAL BODY workout! You WILL sweat and burn lots of calories!

WARRIOR FITNESS – Wanna challenge your body and take it to the next level? This is the circuit class for you! Challenging yet invigorating – you will leave feeling powerful and accomplished. Warrior Fitness will prepare you for the Ninja Warrior and Spartan courses for sure!

WATER WORKS – Gold's Gym: Even better than lap swimming, Water Works is a Water Aerobics workout classes that improve flexibility, range of motion and strength without impact on joints. A gym with a pool offers more ways to pursue health, fitness and a more toned body. Bring your suit for this class!

YOGA – Taught at the YMCA and GForce Fitness - Slow, controlled movements and deep stretches are used to release tension, develop flexibility and strength.