

# Class Descriptions

ABS-olute Abs/Back – 30 minutes of ball and floor exercises that strengthen your core.

Body Toning – A total body workout guaranteed to challenge your entire body.

Dance Aerobics – Have fun burning lots of calories while performing a variety of non-stop dance moves.

Toddler Time – Enjoy time with your toddler while they learn basic coordination skills and lots of fun games.

Yoga – A great mind body workout that will stretch and strengthen your entire body while also burning some major calories.