

# Studio FitNesst

## *Customized Classes (not all offered on current schedule)*

Gather a group of 5 or more. Select your class, days and times each week and Studio FitNesst will customize and add the class to the schedule.

**\$5 per person, per class. 6-week group class commitment paid at inception.**

*(We will make every attempt to accommodate your preferred dates and times.)*

**BOSU & BALL:** An overall strength training workout with the added challenge of balance using stability and bosu balls.

**CARDIO BOSU:** A cardiovascular and strength training workout with the bosu ball.

**CARDIO CIRCUIT:** This workout offers a fast-paced combination of cardio-endurance with a strengthening routine for total fitness.

**CARDIO COMBO:** This challenging workout combines various cardio segments which incorporate step, high and low impact as well as cardio-kickboxing. Geared to all levels of fitness, modifications are demonstrated allowing you to increase or decrease your "level."

**GET UP GET MOVIN':** An invigorating and healthy way to start your day, this workout mixes it all up - aerobics, Zumba, step, high and low impact as well as weights, stability ball and resistance bands to give you an "overall" workout.

**KARDIOKICK:** An energy-intense cardiovascular workout with martial arts and boxing moves designed to add a real "kick" to your day!

**PUMPILATES:** Just what the name implies - a combination of weight training and pilates.

**SCULPT AND STRETCH:** An integral part of everyone's fitness regime, this class combines strength and muscle definition movements using a variety of equipment and enhances flexibility with quality time spent stretching.

**STEP AND SCULPT:** An excellent cardiovascular interval workout combining step moves with strengthening moves designed to work several muscle groups simultaneously. You will move quickly between aerobic and sculpt moves to facilitate total conditioning.

**STEPKICK:** A cardiovascular workout which combines step choreography, using a bench, with kickboxing routines on the floor.

**TURBO KICK:** An evolution of kickboxing which combines athletic moves, sports drills and a hip-hop flavor.

**YOGA:** Strengthen and lengthen all the upper and lower body muscle groups using various yoga poses incorporating breathing and relaxation techniques for a toned body and peaceful state-of-mind.

**YOGA BUTT:** A unique and challenging yoga-based workout that targets the thighs, gluteals and abdominals. It is designed to tone and tighten using the traditional yoga poses and fitness moves while also increasing core strength with a core ball.

**YOGA/PILATES:** Strengthen and lengthen all the upper and lower body muscle groups using various yoga poses and pilates techniques, limbering movements with breathing techniques for a toned body and peaceful state-of-mind.

**ZUMBA:** Fusing Latin rhythms and easy-to-follow moves to create a fun, one-of-a-kind fitness program. The goal is to achieve long-term health benefits while experiencing one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

**ZUMBA GOLD:** One of the area's only programs created especially for active, older adults, true beginners, and/or people who are not used to exercising. Zumba Gold maintains all the fun at a lower intensity.

**20.20.20:** This class offers all the essential elements of fitness in one. The workout consists of 20-minute segments of 1) cardio (Zumba Gold and Step), 2) sculpting with weights, resistance bands, bosu and exercise balls as well as 3) quality time spent stretching.

*prices subject to change*



*tax not included*

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