

**KICKBOXING (KB)**... A GREAT WORKOUT!!! Classes are a mix of boxing punches and combinations of kicks. Excellent cardiovascular and whole body toning! Extra leg work & abs in each class...Also core body and strength building included---Don't miss it!

**CARDIO/WEIGHTS (CW)**...1/2 AEROBICS & 1/2 WEIGHT TRAINING IN ONE WORKOUT!! 3lb. to 12 lb. weights, Body Bars, Tubes and bands are used to tone whole body, ending with abs & cool-down.

**BODYSCULPTING (BS)**... WHOLE BODY TONING WORKOUT!!! Weight, tubes and Body Bars are used. No aerobics...includes warm-up, ab work and cool-down.

**INTERVAL (INT)**... A COMBINATION OF AEROBICS AND WEIGHT TRAINING DONE IN INTERVALS!!! Includes additional weight training and ab work. Ends with cool-down. Excellent metabolism raiser and fat burner!!

**TOTAL BODY CONDITIONING**...Cardio warm-up, weight training, punches, crunches, kicks & a host of other moves that target different muscles throughout the body!!!! A great challenge!!!

**ALL CARDIO (A/C)**...No weights....all calorie-burning!! Abs & cool down!

**BODY SCULPTING – STRETCH (BS-S)**...1/2 body sculpt & 1/2 stretching!!

**BASIC CUTS**....Cardio, Kickboxing, core body conditioning & intense weight training....Ready to see results?