

Class Descriptions

Step Aerobics and Step It Up!: Intense aerobic workout using the step to keep your heart rate up! Everyone is welcome as our instructors are able to adapt moves to all fitness and step proficiency levels.

Agility Training with the Step: Challenge your cardio limits in this new class that starts with simple movements and builds into exciting footwork that will definitely keep you moving!

Tone & Trim and Toning: Tone and shape those muscles by working with a variety of resistance equipment. All levels can benefit from this popular class!

Kickboxing: This high energy class will help you burn unwanted calories with a series of kicks and punches to give you a fantastic workout. A toning section is included to help you sculpt and firm your muscles.

Cardio Variety Mix: spend an hour utilizing different cardio techniques to make your Saturday morning incredibly satisfying!

Hour of Power: A head to toe muscle toning and strengthening workout. All levels welcome.

Muscle Mania: A 30 minute muscle sculpting blast. Don't miss it!

Yoga: A great way to stretch, gain flexibility and relax. All levels welcome.

Total Body Conditioning: This class is designed for all fitness levels and will strengthen and tone your muscles using equipment such as the fitness balls.

Water Aerobics: A great way to burn fat and calories while limiting impact to your joints. The resistance of the water is a great way to tone your muscles. Join us!

Reminders:

Please hydrate (drink water!) before, during and after class.

Keep your feet moving during heart rate checks.

Let your instructor know of any discomfort, medical or physical conditions.

If you are on medication or are pregnant, please consult your doctor regarding exercise.

Inclement Weather Policy:

When Howard County and/or Baltimore County schools are delayed or closed due to inclement weather, there will be no morning childcare or morning exercise classes. Please call to check if evening childcare will be open, and for the evening exercise class schedule.