



This is the original and most popular group cycling class. And it's not just because that Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, a motivated group environment, you'll find yourself having a blast while you ride your way to a leaner, stronger body. Regardless of your fitness level, you'll get a heart-pounding yet low impact workout while maintaining the ability to go at your own pace.



This revolutionary workout, coining the concept of "fitness-party", fuses Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away! After taking this class you will be hooked & will want to workout; you will achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage & captivate you for life!



When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way to sculpt



Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last



Tired of the "rat race"? IF you have too much STRESS: hurry, worry, frustration, anxiety, perhaps depression, PILATES PLUS is for you. Relaxation Response and other mental de-stressing techniques will be used at the end of each class. You'll learn the primary Pilates moves that promote these mental techniques. Our goal: an adequate knowledge base and sufficient practice so you can employ these "methods" on your own wherever you travel. Have you heard the statement "Stress kills."? We will reduce our stress; it does *cause* illness.



A combination of intense kickboxing moves, as well as dance moves, all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that is a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.



"BE WATER MY FRIEND" What's your style? Allow an experienced veteran to help you research your own personal fighting style... To absorb what is useful, reject what is useless, and add what is specifically yours. The only way to learn a true defense system, is through your defense system. Utilizing multiple styles, you'll develop techniques that will allow you to flow like water in any situation, with H2O Defense Systems at Family FitnessWorks! (Fridays at 4pm)



It's the fastest way to shape up and lose body fat. Body Pump is a toning & conditioning class with weights and is for just about everybody. It's perfect for both males and females who want to add strength training into their aerobic workout. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.



This FFW original is your connection to true abdominal strength and true core strength. This is the perfect addition to any workout! You can expect to use special combinations and a unique sequence of movements to the rhythm of upbeat music for a great thirty minute workout! Master this class and you will achieve vital abdominal strength that will benefit your overall health & physical performance.



Born in the U.S. Navy SEALs, Suspension Training is a revolutionary method of leveraged bodyweight exercise. After instructed how to set up and use TRX, you will safely perform exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. From athletes who need peak performance to everyday people who just want to feel & look their best, TRX delivers.



Kettlebells are cast iron weights ranging from 5 lbs to over 100 lbs, shaped like a ball with a handle for easy gripping. Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness—endurance, strength, balance, agility and cardio endurance.



Total Functional Training. In Boot Camp, Drill Sergeants are known for being brutal... for putting soldiers through many tests of strength; the test of WILL-POWER, the test of INTENSITY and the test of NERVE. They do this, not to break the spirits of our soldiers, but help them to just WIN. This motivational class will use functional training techniques in a fundamental circuit that will test your Willpower, Intensity & Nerve. Everyone has obstacles to overcome; not everyone will WIN.



Work on your strength, flexibility, balance and mobility all in one class. Join us for challenging yoga movements and peaceful closing meditation.



This class focuses on using bands as a resistance for strength training. We will combine some basic movements that you are used to doing with weights and perform them with bands. Bands use eccentric movements and increase the time in which your muscles are under tension. We will focus on areas of the core, gluteus and hamstrings to improve mobility in the hip which is important for running, walking and just about any other activity you might perform. *Resistance bands will be provided or you may bring your own loop band.



Silver Sneakers is group exercise class appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and **ALL** those who enjoy a positive, upbeat social environment. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.



THICKfit Bounce & Fitness is a wellness and fitness business with class instruction using Bounce Boots by Dianna Rojas. This is a mixed cardio, dance and strength workout using Bounce Boots which serve as a way to bounce, dance, run and exercise with lower impact and creates a fun way to get high calorie burn and extra JUMP! We come together as a group for an hour, 5 days a week at various locations and times. I have boots for clients who don't own boots and need to rent them for the duration of class. By signing up and paying ahead of time you can reserve your spot and pair of boots using the "book now" tab on my business facebook page. ****This class is NOT INCLUDED with your FFW Membership**