

CLASS DESCRIPTIONS

All classes offer beginner/intermediate/advanced options

ACTIVE RHYTHM: A cardio dance class, where everyone gets the choreography!! Whether you grooved with the American Bandstand era, or download the latest music videos, Margaret's choreography is for you. Enjoy Top 40 music, a contagious upbeat atmosphere, and a final routine that will definitely bring out the dancer in YOU. It's hip, it's happening, it's never hard. An abundANCE of fun brought to you by IDEA presenter and hip-hop dancer Margaret Simmons-Bradle.

BOOT CAMP: New to our team is personal trainer Susan Fox, bringing you the best this teacher-of-teachers has to offer! One hour of head-to-toe and everything in between tightening, toning and strengthening!

CARDIO KICKBOXING w/ THE BAG: A motivating, cardiovascular class teaching professional kickboxing techniques, incorporating various drills, including a free standing heavy bag. A tremendous calorie-blasting, body sculpting workout!

DANZENERGY: This class combines dance technique, cardio and body conditioning elements to tone your body and burn major calories. Easy to follow - no dance experience required!

JUST 4 KICKS: This cardio kickboxing session will completely utilize every muscle in your body. Through multiple combinations, learn proper hip and foot placement, proper execution of punches and kicks and correct focus on target. Taught by IDEA presenter and ACE personal trainer Margaret Simmons-Bradle. Designed for everyBODY!

LET'S GET PERSONAL: The ultimate total body conditioning class, consisting of strength, resistance and core training. Join personal trainer Margaret Simmons-Bradle for an hour of gliders, bands, tubes, weights, stability balls, body bars, steps and plyometrics. Never the same workout and always current with latest trends!!!

MAT PILATES: A series of lengthening and strengthening exercises for the entire body, focusing on core stability (abs, back, hips, glutes) based on the teachings of Joseph H. Pilates. Taught in the style of The Pilates Center in Boulder, CO by Lisa Hall on Wednesdays and Power Pilates style with Beth Tinkler on Mondays.

ROCK BOTTOM: Crunched for time & need a little more after your cardio? Try this half hour session with Margaret. Complete isolation of the lower extremities & abdominals. No frills, just drills & the guidance of skills to give you what you need. Every-BODY welcome!

TOTAL BODY CONDITIONING: A head-to-toe workout designed to fatigue as many muscles as possible in an hour! A variety of strength building exercises which may utilize body weight, dumbbells, resistance bands, stability balls, body bars, etc. May also include cardio intervals, depending on instructor. Taught by personal trainers Margaret Simmons-Bradle, Maria McKeon, and Lisa Hall.

WHEELS & [WEIGHTS], [PILATES], [CORE],[UPPER CUTS]: Putting a "spin" on an interval class - alternating between cardio on the bikes and training on the floor.

YOGA: Hatha (physical) yoga class including pranayama (breathing), asanas (postures) taught in sequence to open up your chakras (energy centers) and finishing with final relaxation.

ZUMBA : Latin Dance Aerobics taught interval style to tone and sculpt the body. Easy to follow dance steps set to Latin and exotic music - no prior dance experience required, just a desire to have a great time while getting an excellent workout!