

# USA FITNESS AND CHIROPRACTIC CENTER



## USA Fitness Center Class Descriptions

*All instructors at USA Fitness are specially trained and certified.  
Your safety and fitness needs are our first concern.*

**Body Sculpt** – Complete body toning! Shape and define muscles of the body using weights, resistance bands, and your own body weight. All fitness levels are welcome.

**Power Yoga** – This more advanced yoga program is designed to build physical strength and burn calories. Appropriate for yoga students interested in a more challenging workout. Please bring your own yoga mat to this class.

**Senior Power** – Specially designed for senior citizens to build strength, endurance and balance. Participants stand during class but do not sit or lay on floor. Instructor is trained in senior fitness.

**Spinning** – A high-energy cycling program designed to burn calories and build stamina. This unique program includes heart-rate training and addresses the mental and inspirational aspects of exercise. Turn out the lights, turn up the music and get ready to ride! Participants are asked to bring drinking water to the class. (Members receive the first five classes free!)

**Step** – A cardiovascular workout designed to build endurance, burn calories and increase energy. Basic step movements and all fitness levels can participate.

**Yoga Fit** – Physical postures, stretching and breathing techniques designed to provide strength and relaxation. Appropriate for all ages and abilities. Please bring your own yoga mat to this class.

**Zumba**- A dynamic, fun, and effective cardiovascular workout using a fusion of Latin and international music. An interval training format that combines various rhythms that tone and sculpt the body.

**Rock Bottom**- An Intense lower body workout using exercises and different positions to target muscles you didn't even know you had.

**Top It Off** - Total upper body sculpting including abs, shoulders and arms.

**Abs and Waist** - Thirty minutes of exercises that target the abdominal area.

**Body Blitz** – A total body sculpting class that squeezes a 60-minute workout into 30 minutes.

**Kickboxing** – A workout that uses standard kickboxing moves set at an intense cardio vascular pace. Builds a strong core and burns tons of calories.