

**Ball Pilates**-Pilates exercises performed on a stability ball to increase core strength, improve balance and boost flexibility.

**Barbell Burn**-tone and define muscles while raising metabolic rate for rapid fat burning! Workouts will target all major muscle groups.

**Barre**-In this class you will be using the barre and additional props to complete a full-body, Pilates based, non-impact workout.

**Barre-Fit**-A class with elements of Pilates, dance, yoga and functional training to motivating music. Performed at the barre for a full body workout.

**Barre-lates**-A blend of Pilates moves using the barre and resistance tubing combined with traditional Pilates mat based exercises.

**Barre Balance** – A unique class we designed for a gentle flow of balance work, toning and stretching

**Beginner Barre** – Introducing basic barre exercises to build strength, balance and flexibility

**Chair FIT**-Standing and seated exercises to strengthen, increase flexibility and improve balance

**Chair Yoga**-A yoga class incorporating a chair that increases flexibility, strength and balance, while decreasing stress and tension.

**Chisel**-Strong never looked so good! Become stronger in this intense training incorporating cardio conditioning with powerful strength moves.

**Cycle**-Experience the journeys...ride the flats and hills, sitting, standing, jumping, and sprinting. A mega cardio burning class without impact. NOTE: Arrive early to set up bike

**FBI (Full Body Intervals)**-A combination of intense exercises done in short, fast bursts to improve strength, cardio and agility

**Fit Senior**- For the advanced senior! A great combination class: F-Flexibility, I-Improves balance and posture, and T-Tones muscles.

**Intense 45**-A sweat fest, burning ultimate calories in just 45 minutes through interval training!

**Kickboxing**-Punch and kick your way to a better body. This class is great for all fitness levels. High energy for everyone!

**Muscle Mix**-Increase muscular strength and endurance by using the bars with plates.

**Pilates**-A mat workout to strengthen and stretch the whole body gaining long lean muscles.

**Silver Sneakers**-A great class for seniors that combines moves to keep you healthy and strong for daily living, incorporating a chair for most of the class.

**Simple Stretch** – Class will focus on dynamic and static stretching to increase range of motion and mobility

**Step**-A cardio workout using the step with no choreography! Different levels are introduced, and you keep that level for minute intervals.

**Tabata**-Extreme interval training that pushes you hard for 20 seconds and then rest for 10 seconds for 4 rounds of alternating exercises.

**Yoga**-A great mat class for any age or fitness level to increase flexibility, strength, and balance while decreasing stress and tension.

**Yoga Lite**: A gentler version of Yoga with a slow flow into postures (45 mins)

**Z-Strong**-Plyometrics and explosive moves that are interchanged with isometric moves.

**Registration Requirements: You MUST register in advance to verify availability, so we can be in compliance with KY Healthy at Work Standards and to assist in general preparation.**

1. For members who have their "new" Club Automation membership info - log into your account at <https://townandcountry.clubautomation.com/> and register online.
2. For members that do not have your new Club Automation account - call our staff at 859-442-5800 to reserve your spot. We can also help set up your new online account.
3. If you are not currently a member - contact us to learn about cost effective options to become a member.

**\*Please note that, effective October 1<sup>st</sup>, there is now a \$2 charge for No Shows\***