

Fitness & Cycling Class Descriptions

Rockin Abs

Focus on "FIRING UP" your abdominals. This class is designed to help you engage your transverse abdominus to help flatten & tighten your abdominals.



A slower step class than our Step Blast. This class is ideal for anyone who would like to learn "STEP" or has already mastered the "BASICS"! Great music and simple choreography will motivate any stepper.

Cardio Spin

This is an amazing class to increase your cardio & stamina. Modifications will be given to make sure that every rider has fun & works at their own pace.

BODY BARS

This is a great workout that will "Pump you up"! Endurance & strength training combined to sculpt all of your muscles! Ideal for all fitness levels

Cardio Hi/Low

A mixture of cardio hi/low moves. Great choreography and energy; a must for all those who "just wanna have fun"!

Step 'n' Sculpt

This unique class uses light hand weights & a step to help you will burn up those calories & tone up your arms all at once!

FIT 'N' FAB

This class will guide you through a variety of activities in a fun comfortable atmosphere. Each class will include strength, flexibility, mobility and relaxation.

FLEXIBILITY

This class combines Yoga, Pilates, Core Training, Balance, Flexibility and Muscle Conditioning. This class is a MUST for anyone wanting "BALANCE" in their workouts.

PILATES

Lengthen and strengthen your muscles while focusing on core strength and stability. This class is designed to let you work as hard or as easy as you wish.

Bosu Balance

A 60 minute mix of high intensity and endurance training with BOSU BALLS, STABILITY BALLS, PILATES BALLS and PILATES DISCS.

20/20/20

This amazing class will give you 3 amazing classes in one! You will get 20 minutes of Cardio hi/low, 20 minutes of lower body work plus 20 minutes of abdominals!

Belly Dancing

The name says it all! Join Nyssa for a fun belly filled hip moving workout. No experience required!

Strip-Ease

A tasteful athletic workout to various playful moves designed to get you into shape quickly!

Yoga (Hatha)

Stretch and unwind yourself into a better frame of mind. Learn to relax, release stress and lower your blood pressure in a calming environment. A great class for EVERYONE!

Cardio Kick Boxing

Jab, punch & kick your way into shape. This high energy workout will have you wanting more!

Nu Bodies "KIDZ KLUB" hours for 2010:

Monday to Friday mornings 9:00am-12:00pm (noon)

Monday to Thursday evenings 4:30pm-8:00pm

SATURDAYS 8:00am-11:00am