

Class Title		Class Description
All About Base	All About that Base	Cardio class with a burst of intensity for the lower half of your body. This calorie-torching class is primarily cardio with an emphasis on lower body conditioning.
Circuit	Circuit	Circuit training is a total body challenge that is designed to combine resistance training and aerobics that will target strength building, and improve agility and muscular endurance through various stations.
Core	Core	Concentration on abs & back
BC	Barre Class	Combination of Yoga, Pilates and Ballet, focusing on tiny isometric movements with low impact to tone and sculpt
Bosu	Bosu	Class incorporating the BOSU® Pro Balance Trainer for cardio, core and muscle conditioning. Combine it with other equipment, or use it as a stand-alone product to make any exercise fun, challenging, and effective.
FB	Fit Ball	Total body toning class using Fit Ball (stability ball) & combining free weights & possibly tubing — Fit Ball can be used in all toning classes
FF	Fun Fitness	No-impact, flexibility-focused exercise while seated in and/or standing with chair — designed especially for senior adults & those with physical limitations
KB	Kickboxing	Cardio class that incorporates punches, kicks & some sports conditioning
KB/TB	Kickboxing/Total Body	Class combining kickboxing & strength training
M/I	Max Intervals	High impact cardio combining kickboxing, plyometrics and sports conditioning. "M/I Pump" includes strength training and "M/I Core" includes intense core strength
Mix It Up!	Mix It Up!	Combination cardio/strength training using variety of equipment (steps, stability ball, jump ropes, BOSU®, rebounder, tubing & free weights)
Pilates Style	Pilates Style	Mind/body toning, stretching & shaping of the muscles
PSP	Power Step Plank	Fast tempo, athletic step — no choreography with concentration in horizontal core
S	Step Class	Cardio workout utilizing the step platform
S/KB	Step/Kickboxing	Class combining step & kickboxing
SS	Step/Sculpt	Class combining step & strength training
TB	Total Body	Weight training class that works each major muscle group using a variety of free weights, tubing & Fit Ball
TK	Turbo Kick®	Turbo Kick® - the fat-blasting, ab-defining cardio workout that allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music.
Yoga	Yoga	Get the benefits of mind/body conditioning, toning & stretching

*NOTE: Calendar Code column is listed in alphabetical order. You may access and print this calendar and class descriptions at [www.cbcfc.org](http://www.cbcfc.org). At home page, select Family Life Center.*