

CLASS DESCRIPTIONS

BODY FLEX (45 min)

A weight training class using a barbell with plate loaded weights. Members will train their entire body workout in this resistant training class. All levels are welcomed; please arrive on time to set up your equipment.

BODY SCULPT (45 min)

A toning and strengthening class using all type of equipment; balls, tubing, gliders, weights and your body! Let's go back to the basics and reshape and tone our muscles. All levels.

BOOTCAMP (1 hour) Sessions start first Monday of every month and run weeks.

If you are looking to get results FAST... then join us for Kari's Boot camp class! This class combines 30 minutes of cardio training, (you never know what it will be?? Treadmill, bike, McGregor road work, just show up and find out). Then we add 30 minutes of strength training, hitting every muscle group from your shoulders to your calves. Do you have to get into shape fast and need someone to motivate you? This is the workout for you. Classes start the first of the month and run 4 weeks straight. Each class is limited to 20 students only! Pre register now at Karikardio.com or call 410-6157. HURRY!

First time students: \$199 for 4 weeks

2nd time students: \$175

Mini (3 days) \$120

CARDIO KICKBOXING (45 min)

Backed by high energy music, the Cardio Athletic Kickboxing workout incorporates kicks, punches, elbows and knees, and combinations used in martial arts and boxing together with effective athletic drills. Perfect cueing and instruction allow beginners as well as more advanced exercisers to follow the challenging combinations, burn fat, release stress, & have fun!

CORE BALL CONDITIONING (45 min)

Pure toning and core work focusing on the abdominal area, lower and upper body muscles incorporating the resistance ball for increased intensity and range of motion. A must for anyone wanting to improve torso strength, endurance and posture. Your entire fitness program will benefit from this time-efficient commitment!

CYCLE (45 min)

An indoor cycling class designed for all fitness levels. The instructor leads the class on different "rides"...intervals, going up and down hills, sprints, endurance, etc. while emphasizing great technique all to motivating music! Most classes are 45 minutes and include a stretch at the end.

KARIKARDIO STEP

Wake up and join Karikardio on Saturday for this "Booty Kickin' Step Class", this class is fast, fun and crazy! Get ready for 60 minutes all out cardio step class with mambos, pivots and turn steps!

MAT PILATES (1 hour) \$5 fee for Kari Kardio members or \$10 walk-in fee non-members

Demonstrates that our body can achieve fitness all on its own without any equipment. Using only you own body weight and gravity, the mat work will tone, strengthen and lengthen your entire body. As you begin to focus on your body as a whole you'll achieve better alignment and reach your body to work more efficiently.

POWER YOGA is where Yoga meets strength training!

Intensified traditional yoga that creates a great heart-pumping workout. This routine is the perfect way to shape your whole body while gaining flexibility and stamina.

Great for time-crunched individuals who want all the benefits of yoga: stretching, flexibility, balance and relaxation but who also want the muscle tone and definition achieved through traditional strength training. No matter what your fitness level, you can have it all-in half the time!

STEP

If you like to move and have fun on the step then this class is for you! What a great leg, butt and cardio workout using the step bench with fun moves and The latest music!

YOGA (1 hour)

A dynamic flowing sequence of postures linking breath and movement. Practice begins with postures to warm up all major muscles and joints, then moves into a challenging series to build core strength, flexibility, and endurance. Class ends with long-held postures that stimulate the health and flexibility of the joints and deep relaxation. Emphasis is on alignment, safety, and fun! *All levels welcome.*

Let go of the week and begin your week fresh!

ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind.