

BELLAMORPHOSIS WOMEN'S HEALTH CLUB

Class Descriptions

- Abs & RELAX! – Last chance to work those abs before the weekend! This 50 minute class will help you decompress with some relaxing music while you stretch your muscles. You work hard – treat yourself to this class!
- Baby Got Back – Get a beautiful sculpted back in this 30 minute class (No more back boobies!).
- Ballet 1.2.3 – Basic Ballet Barre and Center Work to work your entire lower body, 15 mins of pre-cardio recommended before class. Ballet shoes not required; clean socks will work fine.
- Blast & Abs – Cardio Blasts are done on the Step bench or floor with segments designed to work your abs in this calorie burning 50 minute class.
- B.L.T. – Butt, Legs & Thighs – 30 minutes of working it all below the waist.
- Boot Camp – Strength training and calisthenics with quick cardio segments will keep your heart pumping while toning your body in this die-hard 50 minute class.
- Booty Kickin' Step – 50 minutes of your favorite step choreography with “breaks” to work your Booty.
- BOSU Blast – Using the BOSU Balance Trainer, this 30 minute cardio class will make you feel like you've been working out for an hour!
- BOSU Blast & Abs – Add some abdominal work into your BOSU Blast class and this 50 minute workout will give you a 6-pack and make you sweat!
- Butts & Gutts – 50 minutes and a million different ways to work your butt & abs.
- Chisel – Use weights and calisthenics to strengthen, tone and chisel your body. 50 minutes
- Cycle Box – Kickboxing and your favorite Cycle class combined for a heart pumping 60 minute class.
- Kickboxing Xtreme – 50 minutes of punching, jabs, kicks, drills and nothing but heart pumping, kick-butt fun!
- Lower Back RX – We have the prescription you need for your lower back. This 30 minute class helps strengthen and stretch your lower back.
- MTV Dance Party – This 50 minute non-stop cardio class will get your heart pumping while you do a variety of hip hop moves set to upbeat music you listen to on the radio! By the end you'll know a hip hop dance segment and feel as though you're ready for MTV!
- Powertone – This classic strength training class spends 50 minutes working every muscle you've got using a variety of equipment.
- Pre-Natal Class – For all you Moms to be, we have the class for you! This 60 minute class is designed for all those who are expecting. Different exercises and classes are designed to help make the “Big Day” a little easier and to keep you in shape.
- Rock the BOSU- Get a Rock Bottom and keep your heart pumping with a Cardio Blast Class on the BOSU Balance Trainer
- S.T.A.R. Treatment – Stretch, Tone, Abs and Ride – Maybe not in that order, but you'll get them all! 20 minutes of extreme cycle, 20 minutes to tone up those muscles, 10 minutes of ab work and 10 minutes to stretch it all out! Don't miss it!
- Step & Abs – Your favorite 45 minute Step class followed by 15 minutes of Ab work.
- Step Xtreme – Take Step to the next Level! Heart pumping choreography, funky music and a class that's sure to make you sweat!
- Top It Off – 30 minutes of sculpting for your biceps, triceps, chest and shoulders.
- Tread & Shed – 25 minutes of heart pumping cardio done on the cardio machine of your choice
- Ultimate Conditioning – Previously known as Powertone Plus, this class takes powertone to the next level by adding cardio blasts between strength sets to keep the heart pumping for a total body workout with the ultimate calorie burn.
- Ultimate Kickboxing – Take all your kickboxing moves, add funky music, put it together with some heart pumping choreography and you've got a fast moving, non-stop, 50 minute Kick Butt Class!
- Washboard Abs – 30 minutes dedicated to getting you the washboard stomach of your dreams!
- Weigh Hard Cardio – 30 minutes of easy cardio choreography (not easy cardio!) with hand weights you'll never put down!
- Yoga – Mind & Body come together for a class no one should miss. Sculpt and tone your body while giving it the stretch it needs and you deserve! 60 minutes.
- Yagalates – Sculpt, tone and stretch your entire body in this 60 minute fusion class of Yoga and Pilates.

All classes are designed for all levels and everyone is welcome! Please remember to work at your level. You are not in competition with anyone. We want you to get the best work out you can while being safe and having proper form. Use the weights right for YOU, don't just pick up what the instructor has. Listen to your body and do what you are able to do. We are here to Have Fun while we're getting in Shape! If you're new, please introduce yourself to the instructor and let us know! We'll help you along!