

CLASS DESCRIPTIONS

P90X LIVE is a total-body cardio and strength training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. It's easy to take in a LIVE group fitness setting—while still achieving the body transformations that P90X LIVE is known for. Each workout can be modified to accommodate a wide range of fitness levels and abilities—while creating a community of friendly competition, encouragement, and personal fitness breakthroughs.

INSANITY! offers total-body conditioning, complete with high-intensity cardio moves for anaerobic endurance, INSANITY workouts push individuals to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY is designed to give participants a safe, challenging, and results driven experience regardless of the varied fitness level of participants. Each class can accommodate beginners as well as athletes in peak condition.

ZUMBA A combination of Latin and international music that creates an exciting and effective workout.

ZUMBA TONING Combines targeted body-sculpting exercises with a high-energy workout.

YOGA This class is great for all experience levels. Move through basic flows with expert instruction.

Yoga STRONG Work on mobility, strength and stretching all in one class!

Body Pump Full body resistance training that uses barbells with light to moderate weights and high repetitions. Designed specifically to build lean muscle, increase muscle endurance, and burn calories.

MORNING SPIN

Early morning indoor cycling classes that help get you moving and motivated for the day.

STRONG NATION Choreograph high-intensity interval training driven by music to make you move!

PiYo LIVE is a fusion-style of group exercise that features movements inspired by, but not limited to, various styles of Pilates and Yoga. PiYo LIVE workouts follow a structure that creates a safe, effective, and consistent group exercise class

MetKon Rx stands for science driven Metabolic Conditioning. This is a full body interval class that works all planes, different energy systems, and multiple muscle groups. The combination of functional strength training and cardio conditioning is an efficient way to build muscle, burn fat, and torch calories. MetKon Rx is designed to improve strength, power, athletic performance, and core stability. It's a fast moving, fun, and results driven class that's easily accessible to all levels.

**GAMMON
FITNESS**

OPEN **24** HOURS **7** DAYS A WEEK

**FITNESS
CALENDAR**