Body Design - Intro
Body design focuses on the muscular training and development of all the major muscle groups. The class begins with a traditional aerobic warm-up and moves into a series of exercises to strengthen and tone the muscles using weights, body bars and tubing. The class will end with stretching for flexibility and relaxation.

Body Design - Advanced
Enjoy this advanced class geared to staff that have mastered the basic art of muscular conditioning and are looking for more challenge. This class will push your body a little harder and feature more advanced strength and conditioning exercises for a great overall workout.