



# FITNESS ON REQUEST KIOSK

**WORK OUT ON YOUR OWN SCHEDULE!**

TAKE A CLASS WITH AN ONLINE INSTRUCTOR IN OUR  
AEROBICS CLASSROOM

## CLASSES INCLUDE:

- » **Dance Class** - Choose your style: edgy, Latin, urban, hip hop
- » **Fusion Mind Body** - Yoga and pilates
- » **Bonus Renewables** - 8 different cardio classes
- » **Fit for Duty** - AF custom content: legs, core, arms, shoulders, back, aerobic, chest
- » **Kickboxing Series** - Punches, kicks, strikes
- » **Stomp Step Series** - Total body cardio workout
- » **Kinetic Series** - Circuit training

