

# Advanced-level classes available at Madonna ProActive.

**Body Sculpt II:** A total body weight training class that concentrates on exercises to improve muscular strength and endurance giving you “head-to-toe” training. **Tuesday & Thursday, 6:30 p.m., Saturday, 9 a.m.**

**Bootcamp+Kettlebell:** Total body workout of cardio and strength training and flexibility drills that vary each class. Kettlebells are a strengthening tool to work the entire body from head to toe and allow the body to be functional in all planes of motion without the risk of injury. **Wednesday, 6 a.m.**

**Cardio Fit Cycling:** This class mixes technique-based riding, sport specific drills and motivating music to make for an exciting and unpredictable ride. **Monday & Wednesday, 6 p.m.**

**Cardio Pump II:** Get a complete cardiovascular workout using the step & walking track. We incorporate weight training with light dumbbells, body bar & resistance bands. **Monday & Friday, 6 a.m.**

**Cycling:** Put a “spin” on your workout! Cycling is a cardiovascular workout on stationary bikes for the mind, body & spirit. All fitness levels can enjoy this fast-paced ride. **Monday & Friday, 5:15 a.m.**

**Dynamic Cross Train:** A collaborative combination of cardio, strength training, and stretching. Utilizing techniques from team sports, station drills, kettlebell training, bodyweight training, and low and high intensity workout routines. **Saturday, 7:15 a.m.**

**Interval Endurance:** This total body workout involving cardio & strength training uses a variety of drills, intervals & high intensity movements. Classes may move to the track, gym, outdoor spaces and treadmill area depending on instructor’s choice for the day. **Tuesday 10:15 a.m., Thursday 9:15 a.m.**

**Power H2O:** This fast paced water workout using our unique Aqua Track will get you moving with a challenging total body workout. **Wednesday 5:30 a.m.**

**Power Track:** A fast paced water workout using our unique Aqua Track. This class will get you moving with a total body workout. **Monday & Friday, 5:30 a.m., Monday, Wednesday & Thursday, 5:15 p.m., Saturday, 9 a.m.**

**Vinyasa Flow Yoga:** A challenging and invigorating full body workout for those familiar with basic postures. **Monday, 6:30 p.m.**

