**Class Descriptors - Evolve**

**Evolve 15/15/15**

A tri-segmented workout featuring 15 minutes of cardio, 15 minutes of muscle toning, and 15 minutes dedicated to core strengthening.

**Evolve Circuit Series**

Engage in a series of challenging circuits tailored to enhance strength, endurance, and agility.

**Evolve Cycling**

Hop onto stationary bikes for an invigorating ride that tests stamina and builds lower body strength.

**Evolve Aquafit** (Citadel/Prestwick/Troon/Maybole)

A water-based fitness class, promoting cardiovascular health and muscle toning in a low-impact aquatic environment.

**Evolve Legs Bums & Tums**

Target the lower body and core with exercises designed specifically for the thighs, glutes, and abdominals.

**Evolve Stretch & Core**

Prioritize flexibility and core strength with targeted stretching and abdominal exercises.

**Evolve Qi Gong**

An ancient Chinese exercise focusing on controlled breathing, movement, and meditation to balance one's life force.