

## **CLASS DESCRIPTIONS**

**ABC (Absolute Body Conditioning)**- Participants will all begin on a SPIN bike for a 10-12 min. warm up and short ride. Then challenge your workout by moving through high intensity, powerful stations of work which include TRX Suspension Straps, Kettles, Medicine Balls, Risers, free weights, rowers and more time on the spin bike. Guaranteed to keep your heartbeat pumping while burning major calories all while you are engaged in intense body conditioning

**BOOT CAMP**- Develop speed, endurance, agility, and coordination with a series of drills and exercises. Instructor may include the indoor running track, outdoor spaces, balls, benches, etc...

**CHISEL**- Full top and bottom work out for those who want to improve their strength as well as flexibility. Use of bars, stability balls, weights, resistance bands, etc.. A great class for those just starting their fitness regime.

**Cross Training** - This format incorporates a variety of exercises such as cardio, strength training, and flexibility to improve overall fitness and prevent injury. Designed for all fitness levels and abilities!

**HIIT- High Intensity Interval Training** - is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time!

**KICKBOXING CORE BLAST** - Get the best of both worlds with our unique half kickboxing, half core workout class.

Experience an intense blend of kickboxing and core exercises for a full-body burn!

**PILATES** - Make the mind, body, and spirit connection! Create balance, symmetry, strength, and flexibility throughout every muscle. Bands and free weights add to this amazing class.

**REP 45** - A barbell weight training class that challenges every major muscle in your body. High repetition boosts your endurance, creates leaner muscles and speeds up your metabolism for rapid fat burning, enhancing confidence and wellbeing. This class is suitable for all fitness levels!

**Silver Sneakers®** - A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

**SCULPT**- This class will focus on your upper and lower body as well as your core using weights, bands and kettlebells to sculpt a healthier you.

**SPIN**- Experience the ultimate indoor cycling journey for cardio conditioning. Work at your own level while being motivated by your instructor. Typical spin class is 45 min. to 60 min.

**TABATA**- A high-intensity training regimen which includes intense cycles of interval training for 20 seconds followed by 10 seconds of rest, repeated, without pause 8 times for a total of four minutes.

**Video SPIN N' Row**-This class is a unique spin format where riders spin and use the rowers while watching music videos playing on a large screen behind the instructor.

**VINYASA YOGA**- A series of poses linked together by the power of breath. This class will challenge you and leave you feeling revitalized.

**ZUMBA®** – A fitness program inspired by Latin music and dance moves such as the Cha-Cha, Salsa, Mambo, Calypso, Belly Dance, and Rock & Roll thrown in for good measure. Come join the party!

\*\*\*New to group fitness classes or returning after some time off? Don't worry! ALL CLASSES will show modifications so that all participants can be successful! Please be sure to let your instructor know if you are taking your first group fitness class or if it is your time first time with a class format!