

# GROUP CLASS DESCRIPTIONS

**B455** This high intensity interval workout will keep you coming back for more. The class focuses on muscle confusion to avoid routine and enhance your overall body, confidence and mind set. Brian will push you to the limit in 45 minutes!

**Barre Bell** This class utilizes barbells, kettlebells and hand weights to provide a total body workout

**Basic Step** This class offers basic Step training for the newer stepper. It combines standard moves with simple choreography. Everyone welcome. 30-60 minutes

**Boot Camp** Strengthen, shape and define your muscles like never before. This class teaches you the correct way to truly isolate and work your muscles to get the results you want. Cardio segments and drills may be included. 30-60 minutes

**Bottoms Up** A class dedicated to lower half of the body; glutes, quads and hamstrings.

**Cardio Blast** This workout may include a combination of the following: Step training, Hi-Lo aerobics, Kettlebells, Sports Training, Speed Drills and Toning. Get ready to sweat! 60 minutes

**CARDIO CORE** – Combines all your favorites into one hour; giving you a total body workout. Fun challenging drills, a mix of Hi/Lo, Cardio, Dance, and Kickboxing will condition your heart while intervals of strength and core work will serve to benefit and shape your muscles.

**Cardio Kick** This empowering cardio workout is inspired by martial arts moves from a wide range of disciplines. The instructors will get you to punch, strike and kick your way to a heart pounding 60 minute workout!

**C.W.C - CARDIO, WEIGHTS, AND CORE** – Maximize your workout. This class combines the perfect ratio of cardio, strength, and core exercises.

**CORE MAX** Not your average AB class....This is for those who want to take their midsection to the next level. CORE MAX is a combination of high impact conditioning drills with intense stabilization and power core. Works glutes and legs as well! Bosu's, fusion balls, weights and more will be used. 30-45 minutes

**FAT BURNER** – This class is designed to get you aerobically challenged by utilizing a variety of heart stumping modes of activity – body weight exercises, hi/lo, Bosu, and plyometrics interspersed with resistance training.

**H.I.T.** High-Intensity Training = RESULTS!! This is a dynamic workout that combines the best high intensity cardio and strength training. Cardio drills, plyometric training, Tabata intervals and weight training....BRING IT ON!

**Lift It** This strength training workout challenges all major muscle groups by using barbell equipment - from exercises like squats, presses, lifts and curls. Strengthen your entire body - Lift It!

**MAT PILATES** – This innovative system of mind-body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and easy graceful movement. All levels 30-60 minutes

**P.A.B.B. - PILATES, ABS, BACK, AND BUTT** – Total body conditioning program of mat exercises that strengthens core, increases spinal mobility, and improves both flexibility and posture.

**Punch-n-Crunch** The best of two workouts! 45 minutes of boxing moves combined with pure core focused training! The boxing based workout will include punches and strikes incorporated with core exercises to strengthen, tighten and tone.

**SPIN** – Spinning is an indoor group cycling cardio class. It is a sport specific, individually paced ride that is designed to promote health and well-being. It is important to bring water and go at your own pace. All levels 30-60 minutes

**Sport Yoga** Focus on the athleticism, fitness and stretching of yoga. A unique blend of power yoga and core training help to build balance, agility and gain strength.

**SUPER SCULPT** – Build lean muscle mass using a variety of resistance equipment in this class. This is a group strength class that is designed to improve muscular skeletal strength, increase metabolic efficiency, endurance, flexibility, balance, and coordination. You will train in all 3 zones through a series of intervals and as a result, increase lean muscle.

**TOTAL TONE** – This is a group strength class that is designed to improve muscular skeletal strength, increase metabolic efficiency, endurance, flexibility, balance, and coordination. You will train in a fat burning zone and as a result, increase lean muscle

**YOGA** – An ancient art based on a harmonizing system of development for the mind, body and spirit. Yoga postures, known as asanas, are put together to strengthen, tone and restore muscle. The practice of Yoga makes the body strong and flexible. All levels 60 minutes

**Zumba** fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! All levels 30-60 minutes