





# Group Exercise Class Descriptions

## **H.I.I.T.**

### **(High Intensity Interval Training)-**

Is the concept where one performs a short burst high-intensity (or max-intensity) exercise followed by a brief low-intensity activity with repetition. HIIT workouts provide improved Athletic capacity and condition as well as significantly reducing fat mass of the whole-body

## **PiYo**

\_combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. The speed is cranked up to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

## **BARRE**

Based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. "Don't be surprised if your class incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core

## **STEP**

Is cardiovascular endurance and burn excess fat at a fast rate. A nice variety of moves without complex choreography will keep your body in constant motion.

## **R.I.P.P.E.D**

Is used in this fitness class using creative routines that build cardiovascular endurance and burns excess fat at a fast rate. A nice variety of moves without complex choreography will keep your body in constant motion burning 500 to 700 calories per workout

## **VINYASA YOGA**

Move your body with breath in this dynamic flowing practice designed to invigorate and challenge yourself without judgment. Sun Salutations-Arm Balances-Core work-Relaxation-A balanced practice to move you and motivate you.

## **KICKBOX EXPLOSION**

This is a high energy, moderate to high impact cardio conditioning workout, using authentic martial arts and boxing moves. This workout melts away body fat and builds a lean defined look. Last section of Kick class includes highly effective core conditioning exercises that will get you shredded! Kick, punch and strike your way to superior cardio fitness!

## **TABATA TRAINING**

One of the most popular forms of high intensity interval training. This consists of eight rounds or ultra-intensity exercises in specific 20 seconds on, 10 seconds off intervals. Get in quick shape with this dynamic workout!

## **STUDIO CYCLE**

This ride provides the outdoor experience indoors. Your instructor will guide you through various types of terrains, utilizing gear and speed levels, all set to motivating music, and visualization cues. Total cardio workout that torches calories and burns fat. Studio cycle and tone

## **BODY CHIESEL**

A COMPLETE Full body strength training workout that creates lean muscle mass and burns body fat. 100 percent pure strength conditioning only. Lean muscle mass increases your metabolism, which is the rate at which you burn fat!! No cardio, only pure strength. All levels will enjoy this class.

**HARD CORE BODY** Complete full body strengthening /conditioning class that uses updated strength training technique's, guaranteed to get EXCELLENT RESULTS!

## **INTERVAL CIRCUIT**

A mixture of functional strength, body weight exercises and cardio drills and exercises will push you outside your comfort zone. Excellent, doable challenge, Result driven body

## **BOOTCAMP**

Ten-Hut! Come prepared to work out; Sweat and tone your entire body in this no nonsense strength training and cardio class.

## **ZUMBA® (All levels)**

Zumba Fitness® is a Latin-inspired dance fitness program that blends red-hot international music and contagious dance steps to form a "fitness-party" atmosphere that is fun and addicting workout.

## **INSANITY®**

This is a cardio-based, total-body workout that burns ultimate calories and improves your cardio conditioning. High intensity, interval training designed with athletic drills, the body will be moving, your heart will be pumping and you will be dripping in sweat! Modifications are used to adapt to any fitness level.

**KETTLEBELL BODY-** Cardio drills and cast iron bells are combined to burn fat, build muscle, and increase your cardio capacity. Kettlebells are used to develop strength with flexibility for maximum fat burning and muscular endurance to allow for maximum results in shorter time.



Classes close 15 minutes after class begins.

Please have your scan card available when signing in for class at the Front Desk.

You will receive a class token to hand to your instructor for entry.

Classes are available to  
**PLATINUM MEMBERS ONLY**