

# WOW! GROUP X

## CLASS DESCRIPTIONS

### CYCLE

#### CROSS CYCLE

A classic cycle journey incorporating light weights that increase your VO2 max and tone upper body muscles.

#### CYCLE CARDIO

Traditional Cycle experience utilizing hills, sprints, and flat rides which make this a classic journey.

#### CYCLE ENDURANCE

Steady state cycle experience, including strength and cardio drills.

#### CYCLE STRENGTH

Small hand-held weight and body bar systems are added into this cycle experience, formulating sculpting and cardio calorie burning.

#### STUDIO CYCLE (All Levels)

LeMond™ Bikes are provided to bring a 100% sheer cardiovascular saturation workout. Endurance, strength, and full cardio components are integrated to burn the ultimate amount of fat and tone your core and legs into shape.

### MIND-BODY

#### BENDER BALL PILATES (All Levels)

The Bender Ball supports your back so you can focus on strengthening the weak muscles around your core. This class takes the Bender Ball to the next level, as it uses it to work the whole body, not just the core.

#### ELEMENTAL YOGA (All Levels)

A slower paced yoga practice to harmonize the mind, body, and spirit through breathing exercises, poses, meditation, philosophy and deep relaxation.

#### HATHA YOGA (All Levels)

A gentle flow vinyasa practice that focuses on traditional transitions between posture and awareness of breath and mind.

#### PILATES MAT (All Levels)

This is more than a Pilates Mat class. Superior instruction, cueing, and form correction, paired with a variety of props and tools, takes this class to the next level!

#### POP PILATES (All Levels)

A fusion of ab-chiseling & total body defining moves to your favorite Top 40 hits. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next.

#### PI-YO STRENGTH™ (All Levels)

Pi-Yo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

#### POWER VINYASA YOGA (All Levels)

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.

### GROUP FITNESS

#### 20/20/CORE (All Levels)

This class is a combination of cardio, weight training, and core work. 20 minutes of cardio kickboxing, 20 minutes of concentrated weight training, and 20 minutes of core work.

#### 3-2-1 SHRED (All Levels)

This class is a combination of cardio, strength training, and abs, in no particular order, utilizing timing work. You will get an intense full body workout. 3 minutes – 2 minutes – 1 minute!

#### ALIGN & DEFINE (All Levels)

This class combines weight training and Pilates style movements to improve body definition, core strength, and flexibility!

#### ARMS AND ABS (All Levels)

This class is guaranteed to help you get ready to show off those guns! This workout is designed to firm arms and sculpt a flatter midsection.

#### AB ATTACK (All Levels)

Calisthenics and deep abdominal exercises are combined to strengthen and focus on maximizing abdominal conditioning in minimal time!

#### BARRESPORT (All Levels)

Barresport is a combination of weights and cardio along with traditional Body Barre style fused into one class.

#### BODY BARRE (All Levels)

Barre combines Pilates, yoga, and ballet moves to give you beautiful, sculpted, lean muscles. It's about the physical and aesthetic benefits of lengthening muscles while strengthening them.

#### BOOTCAMP BODY (All Levels)

Basic cardio and weights combine to burn fat, build muscle, and increase your cardio capacity. Hard work pays off—you will feel energized and ready to tackle the day!

#### BRAZILIAN BOOTY & AB RIPPER (All Levels)

Specially designed lower body exercises sculpt tighten and tone your rear assets, legs, and lean sculpted abs! Guaranteed to get you results.

#### CARDIO DANCE FIT (All Levels)

Come and shake it to a variety of styles of dance while incorporating strength work using your own body weight!

#### CARDIO KICKBOXING (All Levels)

A high-impact workout that sculpts by fusing authentic martial arts, boxing, and cardiovascular training.

#### CARDIO SCULPT (All Levels)

Get it all in with this class. A combination of weight training and high energy cardio drills. Designed to burn fat and build lean muscle.

#### CORE & FLEXIBILITY TRAINING (All Levels)

30 minutes of focused exercises that hit every area of your core. 20 minutes of flexibility to help improve range of motion and mobility.

#### CROSS TRAINING (All Levels)

Trendy cross training incorporates functional strength training with the use of kettle bells, dumbbells, stationary cycle bikes and bodyweight exercises. This workout will challenge the cardiovascular system and tone fierce muscle.

#### FAB 4 (All Levels)

A one hour class focusing on 15 minutes of 4 fabulous formats. Starts with a cardio segment, followed by a sculpting segment, then finishes with Bender Ball Pilates and Vinyasa Yoga stretching.

#### FOREVER YOUNG (All Levels)

This class is for active, mature adults desiring full body muscle conditioning, aerobic conditioning, and stretching workouts. Focusing on stabilization, core work, and overall strength and conditioning.

#### H.I.I.T. (All Levels)

A high intensity interval training workout. A full body conditioning and full cardio workout is offered.

#### INSANITY® (All Levels)

A cardio-based, total-body conditioning workout that burns ultimate calories. 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 CARDIO BLAST (All Levels)

The ultimate in cutting-edge strength training, cast iron bells are used to develop strength with flexibility for maximum fat burning and muscular endurance.

#### MUSCLE CONFUSION (All Levels)

This class is a full body workout that changes frequently. Cardio, weight training, timing work, and more. Provides muscle confusion through changes in sets, reps, loads, and through greater variety in programming! Keep shocking your muscles with something new.

#### PURE STRENGTH (All Levels)

A serious weight training workout that will help you build strength, add definition, increase bone density, and decrease body fat. No muscle gets neglected!

#### P90X® LIVE (Based on the Original P90X Workout)

Uses Body Weight Resistance, Cardio, Core and Mobility Work. This full body interval workout will make you lean and strong. Modifications are used to adapt to any fitness level. Push yourself to the X-treme! Bring it!

#### ROCK BOTTOM (All Levels)

This class specifically targets the lower body to strengthen the legs and lift the glutes. Includes a variety of exercises to shape and tone those areas along with core conditioning.

#### STEPPIN' UP (FUNKY "DIVA" STEP) (All Levels)

Using The Step, this complete, 55-minute cardiovascular class promises to bring on an effective fat burning cardio workout. The instructor utilizes easy-to-follow choreography that pumps the heart and burns ultimate fat.

#### "TIME" TO SHRED (All Levels)

This class combines cardio, strength training, and body weight work using different styles of timing work. Work at your own level while increasing your strength and endurance!

#### TOTAL BODY MELT DOWN (All Levels)

A serious strength training workout that creates lean muscle mass and burns body fat. All levels will enjoy this class.

#### ZUMBA FITNESS® (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!