

# class descriptions

**gym combo** - two classes that are perfect compliments of each other. The first half of the class is biking, using your legs to work the cardiovascular system. The second half is Pilates, where the focus is on core strength and stretching.

**gym cycle** - indoor cycling is considered one of the best ways to burn calories and increase cardiovascular fitness without impact. Expert instructors help you to monitor your heart rate, keeping you motivated while you spin to the beat of driving music and enjoy the camaraderie of fellow cyclists. For all fitness levels. Make sure you have water and wearing a heart rate monitor is recommended.

**gym cycle plus** – advanced 90 minute cycling class.

**Intro to gym cycle** – let us help you learn proper bike set up and riding form in this monthly class especially for beginners. No special shoes or equipment required. A beginner level ride will teach you all riding positions and simple modifications for new riders.

**core stabilization** – alleviate and prevent low back pain. Improve low back and hip flexibility. Improve core strength and endurance. Improve balance and coordination. Teach proper lifting techniques.

**cardio box** - simple combinations of kicks and punches choreographed to a pulsing beat that will surely elevate your heart rate and keep you motivated throughout the hour. This is a fun class for all fitness levels.

**gym strike** - our innovative class offers high-intensity footwork, kicking, punching, and blocking workouts

**gym foam roll** - unique half hour stretching class implementing self myo-facial release techniques. Increase range of motion, break-up muscular adhesions and increase blood flow. Stretch like never before.

**mat pilates** - our signature mat classes, taught by our highly skilled instructors, will challenge you, increasing core strength and improving posture. You will walk away stretched, toned and ultimately stronger, ready to feel the results in all aspects of your life. These classes are for everyone.

**pilates fusion** - intensifies your abdominal training and includes all the benefits of Pilates Reformer.

**gym shorts** - 15 minute Group Personal Training session taught by one of our trainers. Each gym shorts is a compilation of specific body altering exercises designed to target individual muscle groups: legs and butt, abs, arms, shoulders, back and chest.

**gym strength** - this weight training class works the entire body systematically from the largest muscles to the smallest. Utilizing free weights and a step, the instructor will guide you through a series of exercises for each muscle group. The benefits include: increased strength, definition and balance and an increase in metabolic rate.

**gym interval** - work smarter not harder. This non-stop synergistic blend of low impact weight bearing

exercises is blended together to promote lean muscle, rev up metabolism, enhance ab definition, improve strength and increase flexibility.

**gym sweats** - cardio conditioning classes taught by our personal trainers. Increase your strength and endurance while fine tuning your form and getting the biggest bang from your cardio time. Classes will include treadmill workouts as well as cardio equipment circuit training. Burn, shed and tone.

**yoga** - challenge, rejuvenate and relax your body with our gym yoga classes. Increase strength and flexibility, improve posture and enhance body awareness all while decreasing stress. Each of our highly trained and certified instructors teaches a different style of yoga.

**zumba** - is a fusion of Latin and international music and dance themes. The routines are simple and feature interval training with a combo of slow and fast rhythms. Come join us in this "FEEL HAPPY" workout. You'll burn hundreds of calories and not even know it.

**gym step/sculpt** – this class is designed to get your heart pumping and your muscles working! This class offers the best of both: step workout for the cardio portion and light weight training for the strength segment.

\*All classes subject to change due to member attendance