

# Class Descriptions - 2011

## **SPIN**

A high intensity cardiovascular workout Instructors will motivate and instruct you through a series of challenging sprints, climbs and intervals while enjoying motivational and upbeat music. Towels and water bottles are recommended. Stiff cycling shoes are recommended but not mandatory.

## **ATHLETES IN TRAINING - A.I.T.**

Challenge yourself to straight, hard core cardio using the indoor and outdoor facilities for basic sprint moves, intervals and teamwork like you've never experienced before...followed by some strength training, abs, and cool down. This class takes caloric expenditure to another level. You never knew you could sweat like this. This is a workout you WILL NOT do on your own!!!

## **LES MILL'S BODYPUMP**

Les Mill's original barbell class! This class uses the most effective weight lifting moves to build your total body and give you results quicker than any other weight lifting class. Proper form is taught and stressed heavily. From novice to pro – THIS IS THE WEIGHT LIFTING CLASS for you!!!! This is resistance training at its finest. Be prepared to take control of your bodily fate. Muscle burns fat!

## **PILATES FEE BASED**

Pilates is a method of core stabilization exercises developed at the turn of the century by the late Joseph Pilates. The class is designed to improve posture, spinal alignment, muscular balance and lead to a toned, sculpted body. For all ages & fitness levels.

## **KO-7 BOXING GROUP TRAINING FEE BASED**

Combining boxing skills with strength and conditioning adds a new dimension to your everyday workout. Using a heavy bag, gloves, jump rope, timer and music, the workouts build cardio endurance and muscle tone. The concept is unique in that it teaches proper punching and basic fighting techniques while offering a full-body workout. Classes are taught in a group setting to boost participation and intensity!!

## **CARDIO CRAZE**

Combine spin, jump rope, cardio sprints & intervals topped of with an intense ab work out and you have Cardio Craze. Proper form and modifications demonstrated making this class safe & perfect for all fitness levels. This class will leave you cut, defined, and in-line for some major results... "**Leave the pounds at the gym.**"

## **EXTREME FITNESS**

This class focuses on speed/agility/parking lot sprints/strength training and plyometrics. **Advanced level.**

## **CARDIO KICKBOXING**

Combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Start with 10-15 minutes of warm-ups, which may include stretching and traditional exercises such as jumping jacks and push-ups, followed by a 30-minute kickboxing session that includes movements such as knee strikes, kicks, and punches.

## **IRON CARDIO FEE BASED**

Come Experience the Challenge of Small group Training. Iron Cardio with Certified Personal Trainer Deb Breihan is an interval training program that focuses on body weight resistance training, plyometric drills, agility moves focusing on cardio sprints and jumping rope, core/balance training using TRX bands, resistance tubing, stability balls and more. This style of training will melt away fat, build cardiovascular power & endurance that will boost your metabolism for up to 24 hours after the workout is over. What a great way to get you in the best shape of your life.

## **MUSCLE BLAST & CORE STABILITY**

A full body resistance training class concentrating on core strength and stability. Light weights and a lot of reps will challenge core strength & stability like you've never done before. This is a class where your body will be pushed passed the limit...take your time – you'll master it and you'll love the results.

## **POWER FLOW YOGA FEE BASED**

1½ HOUR CLASS This class combines strength and power connected to a changing yoga flow. This format is perfect for individuals seeking a challenging yoga format. Classes will be done in a warm room in order to facilitate deep stretching and release of toxins. Prerequisites: Intermediate to advance level experience

## **YOGA PRIVATES AND SMALL GROUP TRAINING FEE BASED**

Provide personal and private one-on-one individual yoga training. Prerequisites: None open to all

## **AIT / STRIKE**

Athletic conditioning with a twist - using barbell STRIKE elements. Total body athletic workout from head to toe focusing on barbell strike elements.

## **EXPRESS STRETCH**

This 20 minute beginner's class will help you increase your flexibility and range of motion while reducing your risk of injury. The focus is on stretching the major muscles of the body which will not only prepare your body for participation for any type of fitness program but make you move and feel better!

## **HIGH-LOW**

Build endurance and challenge yourself with jumps, kicks and sprints in this non-stop fitness jam. Come prepared to sweat and groove to high-energy exercise. Be ready for demanding aerobic choreography that gets both feet off the floor during jumping movements. Get your heart racing to the beat of adrenaline-pumping music.