

## Fall 2012 Class Descriptions

- Bodyblade® classes
  - Bodyblade uses low level vibration and inertia to train the body which will challenge the body to contract its muscles to maintain balance, coordination, speed and strength. This rhythmic dynamic stabilizing system of training is not used in any other exercise device and it is essentially where your body becomes the machine and the Bodyblade becomes your exercise partner. You will train movement, not muscle. Rather than isolate a muscle, you will bring groups of muscles together as a team to perform with greater precision, accuracy and with less risk of injury.
    - Bodyblade ® Blast – Abs! - need we say more??
    - Bodyblade ® Interval – intervals of Bodyblade work and cardio blasts!
- Body Fit
  - Body Fit challenges your body to adapt to new routines and moves each week. Circuit work, interval training, step aerobics, mat work, and weight training will keep your body guessing, while burning calories and using up fat. Kick off the week by getting your body moving!
- Bollywood Boot Camp
  - Bollywood boot camp class alternates with high intensity strengthening exercises and cardio. The boot camp portion targets all major muscle groups while the Bollywood portion adds flare with simple choreography, dance moves, and cardio exercises.
- Boot Camp
  - Body weight training class for a total body conditioning workout!
- Flirty Girl Fitness ® -
  - The Flirty Girl Fitness program is everything you want and more. The popular, easy to learn dance routines provide the perfect combination of cardio and strength training – you will feel like they're part of a music video rather than in a cardio crazy, core chiseling, booty toning, arm sculpting workout class.
- Flow Yoga
  - This yoga class is referred to as a 'flow' class because of the constant moving your body flows through, using the breath to guide you. In these classes you can expect a lot of movement, your body flowing through each asana on every inhale and exhale.
- Glutes, Guts and Guns
  - Want to get those abs, arms, and butt looking good?! This class enhances specific muscle groups throughout the body while giving you a great work-out!
- Go Hard or Go Home

- We aren't messing around with this workout. Come ready to sweat and try your hardest as you push through a variety of challenging exercise routines.
- Interval Training
  - This workout alternates high intensity bursts of cardio with short recovery periods of strength training to burn the most calories in the shortest amount of time! This workout isn't just for the girls!
- Iron Yoga
  - A synergy between yoga and weight training which will take the mind-muscle connection to the next level! This is a challenging full-body work out combining balance, strength, flexibility and mental training ... take your yoga to the next level!
- Kickboxing
  - Jab and kick your way to fitness! Reap the benefits of total body conditioning – heart pumping cardio and dynamic moves to strengthen and tone your muscles.
  - Fight the body fat right off! Using an array of cardio techniques and martial arts routines, this class is designed to not only allow for a fantastic work out but also give you the tools needed to be able to be confident and fit everywhere you go! No prior experience or training needed!
- Kickbox Inferno
  - Are you ready to burn a ton of calories and tone up while fighting away extra pounds? Then Inferno Kickbox is for you! Combining cardio kickboxing with interval circuit drills, this class is designed to get you into serious shape. Be prepared to feel the fire!
- Pilates
  - A Pilates mat class that focuses on improving posture, toning, lengthening and strengthening the entire body through a variety of exercises that challenge core muscle strength and balance. Selected props can be used to add challenge to the exercises.
- Power to the Core
  - This half-hour workout will target your entire core. The challenging moves will help to improve your posture and give you a strong base for all other types of exercise.
- Power Yoga
  - This style of yoga is a slightly more physically challenging class in its attention to the powerful flow, its connection to breath, longer held poses all which build heat in the body providing a cleansing and releasing effect. All levels welcome but note that this is a more vigorous style of yoga.

- Spinning
  - Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride. Anyone can benefit from the Spinning program. And because you can go at your own pace by controlling the resistance on your Spinner® bike, taking Spinning classes is a great way to get fit
- Spinning and Yoga
  - This 90 minute class will give you the cardio and strength of a Spinning® workout followed by flexibility and relaxation in a yoga class. Enjoy the fusion of these typically yin & yang fitness class!
- Totally Toned
  - A strength training class utilizing all aerobic studio equipment. Increase lean muscle, speed up metabolism and create a firm you.
- Tough Mudder
  - All are welcome to try this workout designed in order to prepare participants for the Tough Mudder event. This class will incorporate challenges that will not only require physical strength but mental toughness, grit, and camaraderie.
- Yoga
  - This yoga class will emphasize building core strength while increasing flexibility to result in long lean muscles and an incredible body/mind workout.
- Yoga with Justine – Lotus Flow
  - A vinyasa based practice that merges innovative sequencing and breath into a dance of devotion and discipline to lively music. We invite and inspire you to be bold, courageous and to think, move and practice like yourself.
- Yoga Rhythm
  - It's a flowing, faster paced yoga choreographed to music. Think of it as zumba for yogis!
- Zumba ®
  - Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring!