

# ATCFITNESS



## GROUP FITNESS CLASS DESCRIPTIONS

**ABS & CORE:** 30 minute class that concentrates on abdominal and lower back strengthening.

**BARBELL STRENGTH:** A barbell class is a fitness class in which participants combine continuous cardiovascular activity with light to moderate weight training. The weight training is performed using a standard two-hand barbell with weight plates attached to both sides.

**BYOB:** Bring Your Own Body is a total body workout using weights, bands, chairs for balance. Class is suitable for all fitness levels.

**BURN:** This total body workout uses dumbbells, steps, barbells and bands with added cardio. Come and BURN those calories in this high intensity class. Class suitable for intermediate to advanced fitness levels.

**BALLS 2 THE WALLS:** Total body workout and non-impact class targeting all muscle groups as well as the core. Class uses the resistance balls, weights and mats.

**BARRE METHOD:** One of the hottest trends in the industry. Exercises with the barre for that long, lean, sculpted look. A total body workout that lifts your booty, tones your thighs, abs and arms, and scorches fat.

**BELLY DANCE:** This class gives you the understanding of basic belly dance technique, posturing, language, move execution, and it helps you to build necessary strength.

**BOOTY BARRE:** Fun workout that fuses techniques from Pilates, Yoga and Ballet that will tone and define your entire body especially your derrière. It's the perfect combination of strength and flexibility with an added cardiovascular element using the barre. Class is suitable for all levels.

**BOOT CAMP CIRCUIT:** This class works your entire body with cardio, lower body, upper body, core exercises. This killer boot camp is a high intensity, fast paced training, to burn extra fat.

**BODY COMBAT/LES MILLS PROGRAM:** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. You will punch, kick and kata your way through calories to superior cardio fitness.

**BODY FLOW/LES MILLS PROGRAM:** is the Yoga, Tai Chi, Pilate's workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**BODY PUMP/ LES MILLS PROGRAM:** Guaranteed to change the shape of your body!!! A unique, fun, and result oriented way to increase your strength and endurance. This high energy class is set to motivating music and led by enthusiastic instructors utilizing barbells, you will PUMP UP your body like never before!!

**BODY SCULPT EXPRESS:** a 30 minute class, a non-aerobic, muscle-toning class, usually focused on core strength. Most sculpting classes use weight bars, exercise bands, or dumbbells, or a combination of these gadgets. You perform traditional weight-training moves in a class setting.

**BUTTS & GUTS:** This weight training based class uses a combination of barbell, dumbbells, and bodyweight exercises designed to tighten and tone you legs, glutes, and abdominals. Class suitable for all fitness levels.

**BYOB:** build your own booty with this workout series utilizing effective exercises to build, strengthen and lift the glute muscles for optimal results.

**CORE BALL:** This class is all about building core strength improving functional fitness of the abdominals, mid section, and glutes as well as working the cross-slings which run from the upper to lower body. Targets full body. Class is suitable for most fitness levels.

**CYCLE:** Indoor cycle provides a fitness journey for all levels that takes the training principles of bicycle racing brings them indoors, and blends them with a mind/muscle connection providing an aerobic workout that encourage you to find the champion within.

**CYCLE 30:** All the fun of CYCLE in half the time!

**CYCLE 45:** cycle provides a fitness journey for all levels that takes the training principles of bicycle racing, to the indoors, and blends them with a mind/muscle connection providing an aerobic workout that encourages you to find the champion within.

**C.S.I. (CARDIO STRENGTH INTERVALS)** This is a non-stop athletic style class that challenges the entire body. It combines short cardio intervals and longer strength training intervals. It is designed to help you build strength and burn fat. Class is suitable for all levels. Intervals are timed and you can work at your own pace. Class suitable for all levels.

**CARDIO DANCE:** Fun, excitement and all the hottest dance moves all designed into an awesome cardiovascular workout which will help you burn calories, get tone, and enjoy life!

**CARDIO STRENGTH:** This class targets every muscle and hits the cardiovascular system. It is designed to make you sweat and burn calories while pumping iron and getting your heart rate up.

**CORE N' MORE:** Core training is the foundation of all human movement. This class will improve functional strength for the daily activities while using exercises that will tighten, tone, and focus on the core while assisting in injury prevention.

**CHILL YOGA:** This class is designed to stretch the body and relax the mind. 40 minutes of stretching and lengthening the muscles bringing range of motion to the joints and tendons. Followed by relaxation and meditation leaving you feeling relaxed and renewed.

**CXWORX/LES MILLS PROGRAM:** Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

**DANCE FUSION:** A fresh and funky cardio class that will keep you moving' and grooving' to the latest beats. This class helps improve coordination and body awareness through fun and exciting dance movements.

**DANCE EXPRESS:** A fun cardio dance class that will keep you movin' and groovin' to the latest beats. This class will help improve coordination and body awareness through fun exciting dance movements. Suitable for all fitness levels.

**FUNCTIONAL YOGA:** This yoga class merges ancient yoga techniques with modern wisdom to identify imbalances and create a path to healing and wellness. The goal of FY is to guide each person to her or his own deeper awareness, greater understanding of movement on a continuum of healing. Class is suitable for all levels.

**GREATBALLSAFIRE:** This class is an energizing full body workout including cardio peeks, utilizing stability balls, mini body balls, to build strength, stability, balance, while firing the core.

**H.I.I.T STRENGTH:** Burn fat and build muscle. Interval based class that combines full body strength training with high intensity cardio bursts to tone you body and improve endurance. Class suitable for all levels.

**KICK HIIT:** This cardio based class is through high intensity intervals of boxing and kicking movements with some hand weights used. Class is suitable for most fitness levels.

**KICK & CRUNCH:** A cardio/core workout that combines 5 high energy KICKBOXING intervals with 5 challenging CORE intervals. Get your heart pumping, rev up your metabolism and burn belly fat. Class is suitable for all levels. Intervals may be timed and you can work at your own pace.

# ATCFITNESS GROUP FITNESS CLASS DESCRIPTIONS



**LOW-N-SCULPT:** This class combines two basic forms of getting in shape; low impact aerobics and all over body toning! Join the fun as your instructor leads you through a dynamic low impact cardio section and finishes your workout with exercises designed to tone and strengthen your muscles! Don't miss this low "joint" stress workout!

**LABLAST:** This class is an innovative partner free dance based fitness workout that incorporates elements from several styles of dance.

**MAT PILATES:** Be prepared for a focus on core, hips, thighs, balance and flexibility. This class utilizes body weight, light weight dumbbells, and small pilates balls. Class is suitable for all fitness levels.

**OVERDRIVE:** This fun, non-choreographed class includes a little bit of everything; step, interval training, strength training, agility and speed training...all in one action packed hour! No fancy steps just FUN and SWEAT!!

**PILATES BARRE:** Mix of ballet barre moves and Pilates exercises using small balls, ad light hand weight s to sculot, slim and stretch your entire body. Class is suitable for all levels.

**POWER STEP:** Athletic style step movements on a raised platform for a full body cardio workout to tone the lower body and strengthen the heart. Class is suitable for all levels.

**POWER YOGA:** A dynamic and vigorous style which synchronizes breath and movement, endures long holds on the poses, and cleanses and focuses the mind. The steady breathing builds heat in the body and increasing flexibility creating a higher level of vitality and freedom. Class is suitable for intermediate to advanced levels.

**POWER SCULPT:** This class is primarily designed for weight training with power exercises such as squats, deadlifts, overhead pressing movements. Class is suitable for most fitness levels.

**PUNCH & PUMP:** This medium intensity cardio/weight training class is designed by using kickboxing movements and weight training exercises. Class suitable for all fitness levels.

**PURE MUSCLE:** A muscular workout that will tighten and tone the entire body. This resistance class uses equipment like Barre's, bands, stability balls, sliders, and hand weights. It is a great counterbalance to all other muscle conditioning classes and is perfect for all levels.

**RIDE EXPRESS:** All the fun in half the time!

**SILVER SNEAKERS:** Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

**STEP/STEP 2.0:** Cardio workout consisting of step combinations on and around the step. Step 2.0 may have more advanced moves and choreography depending on the instructor. Come and learn the moves and you will dancing around step before you know it. The benefits of step are proven to strengthen and tone the muscle groups and improve coordination. Step is suitable for beginner levels. Step 2.0 is suitable for intermediate to advanced levels. We offer a beginner Step the first Tuesday of the month.

**STEP-N-SCULPT:** This class includes a step workout and a strength component utilizing weights, tubing, Bosu, and Stability Balls. You will improve your cardiovascular endurance and your muscular strength with this workout.

**SUPER RIDE:** 90 MINUTE Cycle a combo of long steady rides and short fast rides which will increase your endurance and power and challenge you physically and mentally.

**STRONG BY ZUMBA:** High Intensity Interval training class using more traditional fitness moves for a more athletic, conditioning style workout. You use your own body weight as resistance to achieve muscle definition. In a Strong by Zumba class music is the key element.

**SENTAO:** Combines strength and resistance training with innovative dance moves using a chair as your partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories. Class is suitable for all levels.

**TABATA:** Try this circuit interval class that will enhance your cardio and strength all in one!

**TAEKWONDO:** The art of self defense that originated in Korea. It is recognized as one the oldest forms of martial arts. Tae(foot) Kwon(hand) Do (art).

**TOTAL RIDE:** 60 MINUTE Class. Brings the outdoor ride indoors. Set to high energy music, Suitable for all fitness levels.

**TOTAL BODY:** A strength training class that increases endurance while toning and conditioning your total body.

**TOTAL BODY EXPRESS:** All the best of TOTAL BODY in half the time.

**TRIBAL GROOVES BELLYDANCE:** Invigorating low impact dance format using Bellydance to activate your body, mind and spirit! Move non stop with blood pumping moves combined with sweetly sensual and slow circular patterns, using body isolations and choreographed dances. A cardiovascular workout that sculpts the arms, back legs and abs.

**YOGA:** A sound mind and a sound body are what you'll achieve with this total body experience. Different styles of yoga may be incorporated but your mind and body will thank you when you are done. Namaste!

**YOGA FLOW:** is the Yoga, Tai Chi, Pilate's workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**ZUMBA TONING:** combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

**ZUMBA:** This special class is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning!

**ZUMBA STEP:** Take the fun of Zumba and add it to the STEP! Great for cardio, legs, butts, thighs.

## ATC YOUTH PROGRAMS:

**CROSSFIT KIDS:** CrossFit for children ages 5-12. CrossFit Kids emphasizes good movement throughout childhood and adolescence. ... CrossFit Kids is meant to be BIG fun for all ages. CrossFit for children is a workout that combines aspects from gymnastics; body-weight training, such as squats and pull-ups; and endurance training, such as running, jumping and climbing ropes.

**FREE KIDS TAEKWONDO:** Taekwondo training includes the teaching of blocks, kicks, punches and other strikes; forms (poomsae); sparring (noncontact to full contact); self-defense; weapons techniques; and mental discipline. Physically, taekwondo develops strength, speed, balance, flexibility, stamina and self-confidence.

**KIDS KARATE:** Taekwondo training includes the teaching of blocks, kicks, punches and other strikes; forms (poomsae); sparring (noncontact to full contact); self-defense; weapons techniques; and mental discipline. Physically, taekwondo develops strength, speed, balance, flexibility, stamina and self-confidence.

**YOGA ROCKS:** The Yoga Rocks! Kids Program is an inspirational and educational yoga program for kids of all ages and abilities. Our mission is to educate and empower kids of all abilities with effective skills and techniques that lead to productive, positive, and peaceful futures.