



## GROUP FITNESS CLASS DESCRIPTIONS

*(Not all classes may be available as listed below)*

**15-15-15 (FORMELY 20/20/20):** 15 MIN STRENGTH, 15 MIN CARDIO, 15 MIN STRETCH, low to mid intensity, great for an all-around feel-good workout.

**BARBELL:** See barbell plus description and remove the cardiovascular elements of the workout for a great full body muscle toning class.

**BARBELL PLUS:** 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.

**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.

**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!!

**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.

**BUNS & GUNS:** This class will help you to tighten, firm and tone your buttocks (Buns) through various equipment and bodyweight exercises specifically designed for this area of the body. This class will also focus on the troublesome upper arm area (Guns) through specific exercises designed to impact the bicep and tricep area.

**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 & CORE:** This mid to high intensity class works your cardio system for max calorie burn while incorporating functional core exercises.

**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 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.

**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.

**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 work-out that encourages you to find the champion within.

**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.

**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.

**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 your 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.

**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:** 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.

**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 & BURN:** Mid to high intensity step movements for maximum kcal burn. strength training movements will be inserted into the class to give you an awesome combo workout.

**STEP STRENGTH:** Combines the basic cardio movements of step training to help strength your cardiovascular & muscle strength & endurance.

**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.

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

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

**USA-FIT:** Upper body strength, Step (basic moves), Abs all designed to give you a great, energetic workout.

**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!

**ATC YOUTH PROGRAMS - CROSSFIT/BOOTCAMP 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.