



Class Descriptions- Winter 2010

A.R.T. (Advanced Resistance Training) — Taught by a certified personal trainer with a specialty training in biomechanics. Each individual uses their own barbell and hand weights for optimal resistance training. This closely monitored class will work you to fatigue of each muscle group and increase muscle endurance.

C.S.I. (Cardio Strength Integration) — Utilizing the cardio equipment in the Coliseum, your instructor will guide you through drills varying in intensity for 30 minutes, then up to the group fitness studio for 30 minutes of strength training. Meet in the Coliseum by the elliptical machines and bring a water bottle!

Lift — Strength & Conditioning class using barbells and & dumbbells. All levels welcome

Pilates Boot Camp- This fun, challenging Pilates based workout will be sure to push you to your edge! Join us for a non-stop hour of sculpting, strengthening and sweating.

Pilates Mat — You will learn the traditional system of sequencing floor work. Pilates teaches you to initiate movement from your "Power House," a term used for the musculature in the lower abdominals, low back, glutes and inner thigh. The result? A longer, stronger, more balanced body!

Pilates Mat /Tower Fusion — This Pilates class integrates the use of Pilates Tower equipment with the mat work to deliver a unique and effective total body workout. Experience the benefits of adding the resistance of the Pilates springs and take your training to the next level.

Pilates SCULPT - This unique Pilates-based class will challenge your strength, increase your stamina, and balance your body. Trim, tone, and sculpt your whole body!

Pilates STAMINA - Take your Pilates practice beyond the mat. The focus here is on flow so join us.... test your endurance and strength.

Pilates Tower — Use the springs and other auxiliary equipment to challenge your body in new ways to lengthen, strengthen & articulate your spine. These classes compliment your existing Mat or Reformer sessions.

Power Hour Fusion - An invigorating workout that blends the best of both of the Pilates and Yoga disciplines. Strengthen your core, stretch your body and energize your workout routine.

Power Yoga — A challenging and vigorous class. This practice is sweaty, progressive, and fun. Build strength and flexibility, clean the mind and awaken the spine.

Reformer Circuit - Reform your body with our most popular piece of equipment: The Reformer! Lengthen, strengthen and see the results.

Restorative Yoga - Wind down from your work-out week with a yoga class centered on breathing, stretching and rejuvenating.

Ride — An indoor cycling workout that takes you on a physically- and mentally-focused journey. Some Ride classes have specific workout profiles such as: Interval, Hill Climb, Endurance and Recovery. Classes are instructor's choice. All levels.

Ride 60 — Add an extra extra 15 minutes to your Ride to increase your endurance and push you to the next level of fitness! Int./Adv.

Ride Challenge - This Sunday morning class will get you moving for more than an hour through this most intense spin workout. Endurance is the name of the game. Challenge yourself to push it to the limit!

Sports Nut — Speed. Agility. Power. An advanced class using a variety of tools such as agility ladders, cones, hurdles, and jump ropes, combined with plyometrics and resistance training, you don't have to be an athlete to train like one. This is for the sports star in all of us!

STEP — Cardiovascular training using an adjustable step platform. Propulsion & power moves increase intensity and add impact (optional). Modifications and options are offered for all levels.

T.B.C. (Total Body Conditioning) — Combine continuous cardio training with muscle strength and endurance movements using a variety of equipment. TBC cycles intensive activity with built-in active recovery. An efficient class suited for those with busy schedules who need to maximize workout time.

Yoga — Explore a wide variety of yoga poses in the general practice. Classes focus on breath work, proper form in the asanas (poses), and on building strength and flexibility.

ZUMBA!! - Dance based cardio-fitness class that combines the best of calorie burning, body blasting aerobics with Latin dance and reggae rhythms. All moves are broken down so anyone can participate.

20/20/20 — 20 minutes of Cardio, 20 minutes of Strength Training, 20 minutes of Core Conditioning. Get it all in this workout!

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