



Class Descriptions- WINTER 2012

Am'p Up Circuit- Participants start this class as a group then break off into different pre-set stations around the room. Continuous movement targeting every muscle group using a variety of tools will challenge you from head to toe. Add to that intervals of high intensity cardio drills for a complete total body workout with maximum caloric burn.

Boot Camp Yoga - Is it time to take your Yoga practice to the next level? This intense, Yoga Based class is specifically designed to reveal new levels of power, strength, courage, insight, control, & balance that you never knew you had. Boot Camp Yoga consists of 10 minutes of pranayama breathing & warm-up, 30 min. of intense Power Yoga drills, followed with 20 min. of deep stretching, & ending with 5 min. of relaxation & meditation for a complete transformation.

Cardio-Core Fusion - Great workout focusing on the core but also the entire body to increase strength and stamina with weights, fit balls and more. This high energy, time efficient strength and conditioning class is broken down into segments of continuous strength / movement progressions followed by cardio drills that will leave you drenched. You will maximize your workout time in this "Get Ripped" class.

HYPE! - Elevate your fitness factor! Get better, stronger, faster. Achieve peak performance and overall conditioning in this heart pounding, sweat focused, body transforming, push yourself beyond your limits class.

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

MATRIX - A unique, sport-inspired training program designed to take you to a new level of fitness and athleticism! This group workout incorporates drills and principles used by world class athletes. It uses teamwork, competition and camaraderie to increase the energy and the results. MATRIX trains you to be strong and increase your endurance like no other.

Ortho-Kinetics Small Group Training - The precision of personal training with the perks of a group. Led by a biomechanics specialist this session is ideal for maximizing strength, stability and mobility. **\$25 per class** (Not included in Studio Pass or Performance Plus). Contact member services for more information and to register 972-386-2580.

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!

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. Minimum 3 beg. / int classes recommended before participating.

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

Prana Flow Yoga @- Prana Flow is an energetic, creative, approach to embodying the flow of yoga cultivated by Shiva Rea and the Global Vinyasa Collective of Teachers. Students of all levels are empowered to experience prana - the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and vital living.

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

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.

TELOS Tabata - A daring and dynamic conditioning experience. 5 minutes of warm-up, **8 intervals** of 20 seconds all-out intensity exercise followed by 10 seconds of rest X 4. This challenging 50 minute full body workout is guaranteed to transform your body. Int. /Adv

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.

T.B.C. + - Higher intensity TBC with less recovery between intervals.

TKO Pilates- 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 with intervals of cardio kick / punch combinations and Pilates exercises. (optional weighted cardio gloves are available for purchase in Pro Shop). Cardio and Pilates in one hour!!

TREKKING -Bringing group exercise to the treadmills. Walkers and runners welcome! Whether you are just getting started or want to achieve your personal best, let us coach you. Trekking indoors involves running on a treadmill at various speeds and inclines for about 45 minutes. It provides a structured yet fun interval workout that you can adapt to differing levels of fitness to burn fat and increasing your all overall fitness level. Great for runners with goals to improve your time. Intervals are the fastest way to meet your goals! Meet in coliseum on treadmills in Northwest corner. Don't forget your water bottle!!

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.

