

## CLASS DESCRIPTIONS

**BARBELL BODY** - Raise the bar in this strength training class that utilizes one of the most basic pieces of equipment: the barbell. This class targets all major muscle groups and is designed for all fitness levels. Build strength, stamina and form, as you learn safe and effective techniques. **(Wednesday 8:30am)**

**BIGGEST LOSER CONTINUUM** \* - Want a leaner version of you? Then this goal driven class is what you're looking for! Join in this extension of our very successful Biggest Loser contest and see what our participants are so proud of. These groups will give you the drive, accountability and support to reach your goals safely and effectively. **(Monday 5:30pm, Tuesday 12pm, 5:30pm, Friday 7am)**

**BETTER BALANCE** - Are you struggling with your balance? Is the risk of a fall, or lack of coordination affecting your quality of life? This weekly group will show you the exercises that stimulate your nervous system, and give you control of your movements. Take this step in the right direction! **(Wednesday 10am)**

**GENTLE STRETCH AND BALANCE** - Become stronger, improve balance, flexibility, mobility and help with fall prevention. Gentle Stretch and Balance is suitable for nearly every fitness level, chair support is offered so you can perform a variety of seated and standing postures. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. **(Thursday 9:15am)**

**HER-FIT** - Have you heard the saying "strong is the new skinny"? Well we agree! Her-Fit is designed to build strength and structure, while tightening, toning and lifting. Push yourself past your "normal" workout with a strength program built for you! **(Thursday 8am)**

**METABOLIC TRX** -TRX Strength with bouts of interval work, followed by short rest periods are guaranteed to maximize your calorie burn during and long after the workout is complete. **(Monday 9am)**

**NAMA-sit** - Stretching poses, and gentle aerobic movement designed to increase muscle strength, range of motion and movement for activities for daily living. This class is perfect for anyone needing a low impact, slow paced workout. NAMA-Sit will help increase balance, core strength, flexibility and posture.**(Tuesday 9:15am)**

**P.A.S.S.** - Power, Agility, Strength and Speed. Competition style training, focused on finding your peak! Workouts designed for athletic performance, muscular development, injury prevention and nutritional guidance. **(Thursday 10am)**

**POWER CORE** - Power Core will test your core strength, with short cardio bursts to get that heart rate up! The perfect workout for your lunch hour! Be ready to work hard, but most importantly, have FUN! Turn your core into a "POWER CORE" **(Wednesday 12pm)**

**PULSE Bootcamp** - PULSE combines best-in-class training tools, real-time heart rate monitoring and exciting workouts to help you improve cardiovascular fitness, power, strength and endurance. Whether you're striving to shed a few pounds, enhance performance or improve overall fitness, PULSE will help you achieve more! **(Mon 8:15am, Tue 12pm, Wed 8:15am,5:30pm, Thur 6:15am,12pm, Fri 8:15am)**

**STRENGTH FOR 50+** - Boost your strength for daily, functional tasks! Strengthen muscles, build bone density, and stay mobile for a healthy lifestyle and longevity! **(Monday 10am)**

**TRX BOOTCAMP** - "All Core, All the Time" is the TRX moto. Use TRX suspension training to target core, build strength and increase your daily burn in this upbeat, whole body workout! **(Monday, Thursday 6:30pm)**

**TRX TOTAL CARE** – This lower impact, yet highly efficient class is designed for injury prevention and postural awareness. A combination of strength, mobility, stability and balance is incorporated for every class. A great class for anyone with past surgeries, injuries, or those looking to prevent these all-together! **(Friday 10am)**

**TRX WARRIOR** - TRX Warrior combines TRX suspension training, with every available strength training method you can think of, in addition to high output intervals. Each week provides a new and challenging workout, to keep your muscles guessing and heart pumping. Let your warrior out! **(Friday 9am)**