

OCTOBER DESCRIPTIONS

GROUP FITNESS

- Cardio:**
- Liquid Bootcamp** Submerge yourself in a liquid weight tank! This fast paced class combines heart pounding sports cardio drills with short intervals of strength training. No sign-up necessary for this army!
- Dance Party** Get your Groove on with this high energy, fat burning blast of fun! *This will replace Group groove this day only.*
- Bounce Express** This class uses cardio drills incorporating the stability ball to get the job done all in 30-minutes!
- Cardio & Muscle:**
- H.I.I.T.** High Intensity Interval Training – Very similar to Functional Circuits with more of a Cardio Kick!
- Functional Circuits** Functional Training with a cardio kick! In this heart rate raising class you will “work the circuit” in 30, 45 second and 1 minutes intervals moving from strength to cardio to compound exercises with each station. Are you ready to get a fun, functional total body workout?!
- Spins**
- Lunchtime Quickie*** Laura will have you breathing heavily in this short but sweet ride. If you still have more steam left after class . . . join Laura for . . . Group Power at 12:30 in Studio 1 (what did you think we meant). *Sign up begins Wednesday, October 10th.*
- Pimp My Ride*** Get ready for an all terrain ride but this time you want to one up your neighbor. Not by adding more resistance or spinning at a high cadence but by “pimping” your ride AKA decorating your bike! Anything goes ~ Everyone will walk away having had a great workout, however; one will leave with some “blingage” AKA prizes! *Sign up begins Monday, October 15th.*
- Mind/Body:**
- Yogalattes on the Ball** A fusion class of Yoga and Pilates using the resist-a-ball to really challenge your core, body and mind.
- FITNESS**
- 3-Mile Walk/Run** A Biggest Loser Challenge ~ Open to all members.
- The Bottom Half** Concentrate on strengthening and sculpting the lower body.
- Fab Abs** Specific exercises to make your abdominals as fabulous as possible.
- Cardio Intervals** Spice up your routine! Cardio Intervals are a sure fire way to increase your caloric burn.
- Shoulders** Strength and tone your shoulders with these safe and effective moves.
- Are you on the Ball** Learn new ways to incorporate this terrific tool into your workouts.
- Kettlebells** Advance your Kettlebell training with more new moves!
- Full Body Workout** Work all your major muscles in just 30-minutes.
- The Top Half** Focus on strengthening and toning your upper body.
- Cardio Strength Circuit** This high intensity workout pairs cardio with strength for a complete workout!
- Exercising on the Road** If you are a frequent flyer, this is the workshop for you!
- Bands & Tubing** Discover how to use the tubing and bands to put together a fantastic workout!
- Biggest Loser Support Groups** Have our trainers answer any questions you have regarding your progress in the Biggest Loser program.

