

## **60min Power Hour**

**POWER HOUR POWER HOUR** is a resistance training program, that focuses on strengthening large muscle groups while increasing muscle endurance and overall conditioning.

## **Indoor Cycling**

Indoor Cycling is a **group exercise class done on stationary bikes**. During the class the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class.

## **HIIT**

HIIT, or **high-intensity interval training**, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more calories in less time.

## **Cardio/Core**

From circuit-style routines that jump-start **cardio** fitness, to creative muscle-toning exercises using dumbbells, medicine balls, or even the participant's body weight, each **class** brings its own unique challenges. No two **classes** are the same! Students will work the quarter to improve cardiovascular stamina, **core** strength, & flexibility

## **Body Pump**

Use low weight loads and high repetition movements to challenge all of your major muscle groups while you squat, press, lift and curl. Lose weight, gain strength and improve body composition.

## **Indoor cycling /Circuits**

This class incorporates cardiovascular training on stationary bikes, and circuit training to target both strength and cardio training. Coming out of class feeling like you've worked all the bodies muscle groups.

## **Boxfit**

Boxfit classes are an **all-level partner training class** including strength and cardio based workouts using boxing techniques, with training structures.

## **Cardio Mix**

### **Get your Saturday morning started right with Cardio Mix.**

Instructors choice so get prepared for a variety of training styles, will it be indoor cycling? Circuits? Metcon? All targeting at hitting that cardiovascular system. So come and see what we have in store for you.

## **Chair Based Aerobics**

Chair-based exercise classes are designed to help improve strength and balance, especially aiding the muscles used in everyday activity. The exercises are performed from the comfort of a chair and each exercise is performed at a pace that suits you.

## **Circuits**

Circuit training is an excellent way to improve mobility, strength and stamina. The circuit training comprises 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. The exercises within each circuit are separated by a short rest period,

## **Body Blast**

BodyBlast This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!

## **Metcon**

FIT Metcon. Also called Metabolic Conditioning is a fast-paced workout completed in a short period of time that challenges your cardiovascular capacity, puts your metabolism into overdrive and burns fat.