

# CLASS DESCRIPTIONS

## **CARDIOVASCULAR TRAINING: *Designed to condition the heart and lungs, while burning fat and calories.***

45 TO FIT WITH TRX	Make "you" the toughest machine yet! A total body workout with strong core emphasis, using the TRX suspension system & alternating cardio intervals on the track.
BOX MANIA	Power punching and kicking combination drills, interval training improving cardio, over all strength and balance. No Choreography.
CARDIO KNOCKOUT	Non-stop cardio intervals with short periods of rest. High intensity interval training.
CARDIO SCULPT	Combinations of cardio intervals interspersed with strength work
CARDIO PUMP	A high Energy class with both cardio and sculpting. The Cardio portions couple step exercise with total body power moves that are rounded out with top sculpting exercises to pump up your heart, calorie burning and muscles
CYCLE	Group rides on stationary fixed gear bikes. Rides may focus on challenging drills with brief recovery periods or keeping cadence against heavier resistance. Great workout for competitive, recreational, or beginner cyclists. * Anyone new to Cycle, please arrive early to be shown how to adjust your seat properly and work the resistance on the bike.
FIT MIX	A cardio driven class, with plenty of toning to back it up. Expect a variety of formats.
FITNESS FUSION	A class to help you create cardiovascular endurance, strength and flexibility through a variety of formats.
HUSTLE	Everyone has always loved "the hustle." This format takes it up a notch with easy to follow moves that anyone can do, not to mention you will have a blast doing it. No experience required.
LOW IMPACT	Intervals of light cardio and light sculpting are combined making this class perfect for the person who wants a lighter workout, the mature exerciser, new timers, or someone recovering from injuries.
METRO MILERS	Metro's own running group that meets every Monday & Thursday 5:30am. For beginners to long time runners. No one is left behind!
POWERBODYZ	A true interval based class using specifically designed body weight only movements to jump start your metabolism and change your body
RACE AND RIPPED RESULTS	30 minutes of cycle followed by 30 minutes of sculpting. Ideal combination just before the weekend. For ALL where you can work at your own level and find challenges using the BOSU, multi joint exercises using light weights, tubing and body bars plus various forms of cardio. Fun is found on the track and everyone will see RESULTS, ranging from "Wow, I can really do that" to the "body changes" we are all looking for!
R.I.P.P.E.D.	One stop body shock! A High Intensity workout that combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's a combination that drives up your endurance and gets the body moving.
SWEAT-ILATES	Use the track and do this "pilates walk" while mixing in an interval of pilates w/ props- incorporating some traditional strength and toning as well.
T.N.T	Sweat and work like There's No Tomorrow! It's all about a lift and a crunch, a run and a jump in this bootcamp style cardio/sculpting class.
TRAINING CAMP	Reap the benefits of this ultimate calorie burning workout through challenging cardiovascular and resistance training.
TURBO KICK	The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.
ZUMBA	A cardio workout with Latin flare. Learn the fun and easy steps of the Salsa, Cumbia and Merengue combined with a little Hip Hop and Reggaeton and you have your self an effective workout that will tone and sculpt the body.

## **STRENGTH TRAINING & MUSCLE CONDITIONING: *Designed to develop strength and tone the muscles.***

MUSCLE MIX	A combination of exercises using different forms of resistance training that condition the entire body. Functional and body weight exercises are also included. You will leave with total muscle exhaustion.
PIYO	This class is for those who color outside the lines. It's the perfect fusion merging strength building , rhythmic movement and power with a foundation in Pilates & yoga that burns calories while transforming the body. Not your average Pilates or Yoga class blend.
RAISING THE BAR	Burns fat, carves muscles. This class creates a lean, firm and sculpted body by reshaping and elongating muscles while maintaining an intense pace that burns fat and increases stamina.
SCULPT	Progressive resistance training for muscular strength and endurance. This class may utilize bars, dumb bells, ankle weights, gliders, bosus, tubing and bands.

## **MIND / BODY FORMATS: *Develop strength and flexibility while focusing on balance and relaxation.***

YOGA	Integrating postures into a vinyasa (flowing from one to another) with some held postures to balance strength and flexibility. A total body workout and a wonderful cross training tool.
PILATES INTRO / I / II	A class done on mats with emphasis on the core of the body. Also develops flexibility as well as strength. Level II is open to members with instructor's approval.
*PILATES FOR CORE STABILITY	Pilates mat class designed for alignment and core stability. This class is suitable for members with osteoporosis, back, shoulder or neck problems. Please inform the instructor prior to class.
*RESTORATIVE YOGA	A gentle, calming and therapeutic type of yoga that promotes the effects of self conscious relaxation. Uses props to support the body and deepen the benefits of the poses.
*STRENGTH YOGA	Strength Yoga or Power Yoga is an American interpretation of Ashtanga Yoga, a discipline that combines stretching, strength training and meditative breathing. This is a sweat producing, muscle building class. recommended for people in good cardiovascular shape and have a good basic knowledge of Yoga poses.
*STRETCH YOGA	Ideal for helping to experience the benefits of increased, flexibility, improved circulation and more energy. Postures are geared to suit a variety of levels.
YOGA	An eclectic blend of yoga styles, including breathing, poses, and relaxation. This class is for the person that has some experience with yoga.

**\* For the beginner group exerciser. These classes are simpler and easier than the regular group exercise classes.**