

Group X Class Descriptions:

Tabata: This high intensity workout produces remarkable results! It's a series of exercises done in 20 second increments at a high intensity, with proper form. After each round you rest for 10 seconds and then repeat that for a total of 8 rounds! This format is proven to increase your VO2 max and get results quick!

Core Values: This 30 min. class is designed to strengthen the abdominals, oblique's and lower back muscles. "You are only as strong as your Core allows you to be."

Bosu Total Body: A total body workout that incorporates timed intervals of cardio conditioning exercises and resistance training exercises utilizing the Bosu Ball.

Boot Camp: A rigorous blend of non-stop movement with weights, bars, bands, med. balls, plyometrics and more! Sweat buckets, build lean muscle, burn calories while having fun!

Cardio Max: For maximum calorie burn come on in to this athletic based class with the queen of Cardio – "Little Deb!" Members refer to this as the most efficient class and lots of fun!

Cardio Boxing: This class incorporates high repetition boxing drills and cardio intervals that will keep you working for maximum calorie burn. Start with jabs and athletic based movement and end with CORE on the mat and a nice stretch for recovery.

Kickboxing/Pilates on the Ball: A hybrid class of Kickboxing and Pilates on the ball.

HIIT w/ Nelly: HIIT stands for high intensity interval training. Using your own body weight for exercises, you will get an amazing cardio and strength workout!

TRX: Come in and check out this effective total body workout! TRX is suspension training using your own body weight. You are in control of how difficult you want to make each exercise. You will build power, strength, flexibility, balance and more!

TRX/BOSU: A full body workout using both the TRX and BOSU Trainer.

Zumba: This is one big cardio party! This class is filled with exciting Latin and International dance moves like Salsa, Merengue, Cumbia, Reggaeton, Mambo and more! Get down and dance while you burn calories. Come on in and get the party started! **Zumba Gold:** Same, just toned down a notch!

Zumba Toning® : Grab your sticks and let's kick Zumba up a notch! Whether you're a fan of the lighter Toning Sticks or the new 2.5 lb. version, it's time to kick! This class has it all: music, steps to get your HR up and strength and toning moves that will keep you sleek and sexy!

Kettlebell: An intense cardio workout designed to amp up your metabolic rate, burn fat and build lean muscle. Whether you are training for a triathlon or just starting out, this workout is one you should check out! Can be modified to suit individual needs.

Spartan Warrior: This is the "pot luck" of Group X. Sometimes you will be upstairs doing a workout on the sprint track, other times you will be downstairs strength training! Keeps u guessing!

Step and Sweat: Name says it all! Lively step combinations that make the class fly by, gets your heart pumping and your body moving and sweating like never before!

Prime Time: This class is designed with special consideration for our seasoned members. It will include segments on strengthening, flexibility and balance.

Power Pump: This class will work to strengthen and sculpt your entire body! Work all your major muscle groups using weights, resistance bands, stability balls, Bosu Trainers and more!

Pilates: Originally developed by Joseph Pilates to rehabilitate injury, this core strengthening technique was designed to improve posture and body alignment, as well as strengthen all major muscle groups. Flex bands are used to add upper body resistance making this class a total body workout.

PiYo: Perfect blend of many disciplines: Pilates, Yoga, Sports Training, Core Conditioning, Dance, Stretch, and Athletic drills. The dynamic blend of movement increases cores strength, stability and balance.

Yoga for Grunts: This "extreme stretching class," as that group calls it, is a fun, high energy class that will work on your flexibility, balance and sense of humor!

Vinyasa Flow: A moderately challenging yoga class. Vinyasa means flowing with the breath, so in this class you will move from posture to posture building internal heat with the inhale and exhale. Work in this class to open your body to feel a sense of lightness.

Yoga – Mix: An eclectic class that teaches postures (asanas), yoga flows (vinyasa), and breathing techniques (pranayama), to guide you through the process of releasing tension. Become more connected physically, emotionally, and spiritually all within a free-flowing and supportive atmosphere.

Yoga Flow: This soothing class focuses on a combination of basic yoga poses and how to connect them through attention to breathing, alignment and peace of mind. What makes this class unique is its fun, unconventional music!

Gentle Yoga: A calming and relaxing class that is suitable for all levels including beginners. It is a blend of several Yoga styles that work the entire body. This is an opportunity to learn core yoga poses of for experienced students seeking a restorative experience.

Group X Rules...it really does, but these are THE Rules:

Classes and times are subject to change. For safety reasons, there is no admittance 10 min. after class begins. Reservations are necessary for the Spin and TRX classes. Reservations can be made up to one week before next class. Reservations on Spin Bikes and TRX's will be held for 5 min. after class begins. If you are new to a class, please make the instructor aware. www.phys-ednm.com.