

## Group X Descriptions

**3, 2, 1:** An interval style class with 3 minutes of strength training, 2 minutes of cardio, 1 minute of abs. It's tougher than it sounds! Good for all levels.

**BABC (Bad Ass Breakfast Club):** This class will focus on cardiovascular and muscular endurance. This powerful circuit training class will keep your body guessing by varying exercises, number of reps and timed intervals with minimal rest between each circuit. Join this kick butt breakfast club and get your week started right!

**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!

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

**Butts and Guts:** this class is specifically designed to target your Core, buns and legs. Sculpt your way to sleek abs and a well defined lower body in this functional movement class.

**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.

**Hard-CORE:** Get hard core? Train your inner athlete in this 30 min. action packed class. This class will work from your shoulders to your hips helping you to prevent back pain and give you ripped abs!

**Interval Zone:** Thinking how strong you are during an exercise is all that matters? Recovery is just as important. Learn how to recovery quickly and see improvements in your recovery rate with intervals.

**Kettlebell:** An intense cardio workout designed to amp up your metabolic rate, burn fat and build lean muscle. A cannon ball with a handle...kaboom!

**KickboxPilaFusion:** A hybrid class of Kickboxing and Pilates on the ball. The perfect combo!

**Ladies Only Express Workout:** Join the girls in this cardio circuit that will incorporate kettle bells, BOSU Balls, Stability Balls and any other toys we can throw at you. A fun and effective 30 minute workout.

**Pilates:** 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.

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

**Power Kick:** This is a cardio kickboxing class...punch, kick, repeat. Simple

**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!

**Power Yoga:** This is Vinyasa Yoga with strong, dynamic, flowing movement. We will work from the core with an emphasis on strength and flexibility creating a balanced body and mind.

**Rock Bodies:** This challenging strength training class uses weights, bands, balls or just gravity. The class will incorporate functional exercises, compound exercises, and some isolated exercises. Good for all levels.

**Rock Your Asana:** This yoga practice challenges the body and quiets the mind. The focus is on moving with the breath to create a moving meditation. Modifications will be offered so this class is suitable for all levels.

**Spin@ Flex:** Spin@ Flex is the same great lower body workout but adds in upper body exercises and core work.

**Spinning @ PiYo:** Spin for 40 minutes then end with 20 minutes of Pilates, Yoga, Sports Training, Core Conditioning, Dance, Stretch, and Athletic drills. Whoa! This dynamic blend of cardiovascular training and movement increases aerobic capacity, core strength, stability, balance and flexibility.

**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!

**Tabata:** A series of exercises done for 20 seconds followed by 10 seconds of rest and then repeated for a total of 8 rounds! This format is proven to increase your VO2 max and get results quick!

**TRX:** 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!

**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. Lightness!

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

**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.

**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. Made fun with unconventional music!

**Zumba® & Zumba Gold®:** 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.

**Zumba Gold:** Same fun stuff just toned down a notch!

**Zumba Toning®:** Grab your Toning sticks and let's kick Zumba up a notch! This class has it all: music and steps to get your HR up with strength and toning moves that will keep you sleek and sexy!

### **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 and 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](http://www.phys-ednm.com)*