

## 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!

**Kick Boxing:** A full body workout that will strengthen and sculpt your entire body. Work to improve balance and also get a great cardio workout! This freestyle class utilizes a Japanese sword (Bokken) for basic martial art strikes. Focus mitts are used for boxing and other tools will be added to the class to give you a total body challenge!

**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!

**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:** This class raises the bar, (rather the toning stick), to your typical Zumba Class. It combines the same cardio party you have w/ Zumba while working to tone your body with targeted body sculpting exercises using a lightweight maraca-like Toning Stick!

**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.

**Sam's Boot Camp:** Whether indoors or outdoors, you will be using tires, sledge hammers, kettlebells, dumbbells, medicine balls, plyometrics and your own body weight to give you an intense total body workout! If you're a fan of Tabata, you will be a fan of this class too!

**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!

**Intervals:** Short, high Intensity bursts of cardio with "active recovery" phases including strength training and core.

**Senior Fitness:** This class is designed with special consideration for our senior 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!

**Mat Pilates:** Mat Pilates class has something for everyone! Focusing on the basics: breathing and proper form. You will work to build core and upper body strength, improve flexibility, and become more in-tune with your body to help build lean muscle mass.

**Band 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 core 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!

**Kunda Flow:** This class is a flowing sequence of traditional poses from many types of Yoga. Using movement with breath, increase your strength, coordination and body awareness while calming your mind and reducing stress. This class pulls from different yoga styles and influences.

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

