

FITNESS 2000 GROUP EXERCISE/CYCLE CLASS DESCRIPTIONS

All classes are approx 1 hour, unless noted otherwise

AB BLAST: A 30 minute blast to the midsection! It will hit it you hard from several angles while trimming, tightening and firming your core. Ab Blast is a great compliment to any exercise program. **BEGINNER, INTERMEDIATE, ADVANCED**

CARDIO SCULPT: get a great workout by alternating cardio intervals with strength training. **BEGINNER, INTERMEDIATE, ADVANCED**

CYCLE: Nothing beats indoor cycling classes for a low-impact, high intensity cardio workout. Experience the best sweat you've ever had while burning 400-600 calories. Indoor cycling classes welcome members of all levels. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers! **BEGINNER, INTERMEDIATE, ADVANCED**

KICKBOXING: This 90-minute non-contact kickboxing class utilizing basic kicks and punches. Designed as a total body workout, this class will make you sweat! Resistance training, abdominal work and stretching are added to the end of the workout. **BEGINNER, INTERMEDIATE, ADVANCED**

METABOLIC EFFECT (ME): Metabolic Effect is the best way to get and stay fit. ME is unique and powerful by changing hormones not just burning calories. In this workout, you move and you rest letting your body guide you. The trainer makes sure you are progressing and getting a full body workout. ME merges the science of hormonal metabolism with movement. Unlike other gym classes, there are no fancy steps to remember and no workout is ever the same. Learn more at <http://www.metaboliceffect.com>. **BEGINNER, INTERMEDIATE, ADVANCED**

PILATES/CORE: Best known for its deep abdominal and back (core) work, Pilates is a complete total-body-conditioning workout emphasizing the natural curves of the spine. Pilates increases lean muscle tissue and bone density, but it does more than conventional weightlifting. Instead of isolating muscle groups, the whole body is trained with every exercise, integrating the upper and lower extremities with the trunk, precisely aligning your muscle tone with the natural curves of the spine so that your everyday movements support a healthy back. Pilates exercises increase the range of motion of the joints which in turn give you a more flexible body. **BEGINNER, INTERMEDIATE, ADVANCED**

POWER INTERVAL: This high-intensity class is a challenging option for both cardio and muscle conditioning which incorporates athletic training drills, plyometric exercises and intense cardio training. You will feel the burn and love it! **BEGINNER, INTERMEDIATE, ADVANCED**

POWERPUMP: This high-energy group strength training class will tighten, tone and build lean muscle mass. Using barbells and hand weights, you will work every major muscle group in about 60 minutes. The specific exercises change frequently - no plateaus here! The class concludes with an abs/core segment and stretch. **BEGINNER, INTERMEDIATE, ADVANCED**

YOGA AND POWER YOGA: This class focuses on balance, strength and flexibility and provides variety for "yogis" who seek to improve their practice. **SOME YOGA EXPERIENCE BENEFICIAL FOR POWER YOGA, BUT NOT NECESSARY**

SCULPT & SCULPT EXPRESS (60 MINS OR 30 MINS): This class will help tighten and tone your body using various equipment such as bands, hand weights, stability balls and barbells. **BEGINNER, INTERMEDIATE, ADVANCED**

ZUMBA™: Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heartracing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! **BEGINNER, INTERMEDIATE, ADVANCED**