

West End Group Exercise Class Descriptions March 2010

- ◆ **Abs 15:** Your 15-minute solution to great abdominals! Train them in a short amount of time with effective exercises. *All fitness levels.*
 - ◆ **Americanized Kick Boxing (AKB):** Jab, punch, kick, slip, duck & jump your way to fitness! This fun, yet challenging class incorporates various martial arts, boxing, kickboxing and endurance training techniques. You will train with "Drills" the way real Kick boxers do! *All fitness levels.*
 - ◆ **Abs 30:** 30-minutes of core (abs/back) training *plus* additional muscle conditioning of the instructor's choice. Stretching included! *All fitness levels.*
 - ◆ **Ball & Bar:** Tone and shape your body with muscle conditioning exercises using the Body Bar® and Resist-a-Ball®. *All fitness levels.*
 - ◆ **BOSU:** The BOSU Trainer adds versatility and challenge to an incredible range of activities including cardio and strength training. *All Fitness Levels.*
 - ◆ **Body Combat:** This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. *Intermediate to Advanced*
 - ◆ **Body Flow:** The Yoga, Tai Chi and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. *All Fitness Levels.*
 - ◆ **Body Jam:** The cardio workout where you are free to enjoy the sensation of dance! Funky instructors teach you to move with attitude! *All fitness levels*
 - ◆ **Body Pump:** The fastest way to shape and lose body fat. A Toning & Conditioning class with weights that is for just about anybody. *All fitness levels. Please pick up your pass at the front desk*
 - ◆ **Body Pump Challenge:** Try this high intensity combination of Boot Camp and Body Pump! Be prepared to go outside. *Intermediate to advanced.*
 - ◆ **Body Step:** Using simple movements on, over and around the bench you get huge motivation from sing a long music and approachable instructors. *Intermediate to Advanced Participants.*
 - ◆ **Boot camp:** This advanced class utilizes interval training techniques involving various callisthenic exercises, sport-specific drills, agility moves, strength training, flexibility and more - all designed to make you sweat! No choreography. Be prepared to go outside. Not recommended for pregnant moms! *Intermediate to advanced.*
 - ◆ **Butts, Guts & More:** A total body work out that targets your larger muscle groups with a special focus on the gluts, hamstrings and abs *All fitness levels.*
 - ◆ **Cycling:** A vigorous cardio class without comparison. Start pedaling and let go as your instructor takes you on the ride of your life. An exercise class on stationary bikes, perfect for any fitness enthusiast, recreational cyclist or serious racer. Extra time is allowed for setting up new riders, explanation of Form & Safety Cues including Cool Down and Stretching. *All fitness levels*
 - ◆ **Cycle/ Strength** Get a great cardio workout and strength training at the same time all in 1 studio! *All Fitness Levels.*
 - ◆ **Cycle/ Boot Camp :** Intense Cycle intervals mixed with challenging Boot Camp drills. *Intermediate to Advanced Levels.*
 - ◆ **Cycle/ Zen:** A great cardio workout followed by 30 minutes of yoga. *All Fitness Levels.*
 - ◆ **Get Moving:** Are you new to Group X and don't know where to start? This class gets you moving and having fun while introducing you to Lo Impact or Step if offered in the Group X Studio or Cycling if offered in the Cycling Studio. Get off on the right foot...literally! 45 minutes *All Fitness Levels.*
 - ◆ **Functional Training (FT):** Perform cardio, work your core muscles and increase strength and flexibility. *All Fitness Levels.*
 - ◆ **Healthy Steps:** A therapeutic exercise program for weight management, cardiac and lymphatic conditioning, muscle toning, energy and balance improvement for anyone recovering from surgery, injury or living with a chronic disease. *All Fitness Levels.*
 - ◆ **Karate:** Tae Kwon Do taught by ATA for all ages. Contact instructors for registration and more details *All Fitness Levels.*
 - ◆ **Line Dancing:** Get Busy While you Walk it Out! Crank Dat Booty Call! Step
- In the Name of Love while you Cupid Shuffle! Pop, Lock & Drop your Cha Cha Slide! You'll be just fine as you dance your way to fitness. *All Fitness Levels. (Special Classes 6/7, 6/13 & 6/14)*
- ◆ **Pilates:** You will be guided through exercises that safely deliver optimal strength, flexibility and endurance, without adding bulk. This stress-relieving method will be performed on a mat. *All fitness levels.*
 - ◆ **Running Class:** Improve endurance and speed with interval training using the Fartlek method. Learn proper running technique. *All Fitness Levels.*
 - ◆ **Seniorcize:** Low impact and muscle conditioning workout geared towards the mature exerciser and/or special populations. *All Ages & Fitness Levels*
 - ◆ **Senior Stretch:** Gentle stretching incorporating both Yoga and non Yoga moves. *All fitness levels.*
 - ◆ **Step:** Using a bench platform, you can choose one of the following step classes based on the type of class you desire:
 - ◆ **Basic Step :** Designed for beginners or those desiring a less intense, less complex workout. Choreography is basic; no power moves - low impact.
 - ◆ **Advanced Step(ADV):** Challenge your mind & body through more complex choreography
 - ◆ **Step Circuit: (SCT)** Get a fat burning work out from the step portion of class mixed with strength training intervals to shape your body from head to toe! *Intermediate to Advanced Levels.*
 - ◆ **Technique Classes:** Learn the basics before trying your first class! This month we are offering classes for Body Pump and Pilates
 - ◆ **Yoga Flex:** Develop strength, endurance, flexibility and proper body alignment through a series of poses with a strong emphasis on breathing and concentration. Poses range from relaxing stretches to challenging postures. A yoga mat is highly recommended. *All Fitness Levels.*
 - ◆ **Power Yoga:** Yoga that concentrates on the strengthening poses. More standing & strenuous poses are incorporated. *Intermediate to Advanced Levels.*
 - ◆ **Beginning Yoga:** Enjoy the relaxing benefits of yoga while increasing strength & flexibility. More education provided to help you progress to the next level. Great for Beginners or Special Populations (Seniors, Pregnant or Postpartum Mothers, etc.) *All Fitness Levels*
 - ◆ **Heated Vinyasa:** 90 minutes of vinyasa (flowing) yoga with the temperature at 85 degrees. *All Fitness Levels.*
 - ◆ **Yin Yoga:** Yoga that concentrates on opening poses. Each pose will be held 3-5 minutes to allow for soft tissue release. *All Fitness Levels.*
 - ◆ **Yogalates** A unique blend on Yoga and Pilates. Enjoy the benefits of core strengthening exercise and flexibility training all in one great class! *All Fitness Levels.*
 - ◆ **Zumba:** Dance your way to a fitter you! An aerobic work out using exciting and unique Latin moves and rhythms. Also incorporates dance moves from other cultures including Belly Dancing and Hula. *All Fitness Levels.*



*denotes 75 minute class **denotes 90 minute class
Beginner friendly class
Family friendly class (ages 9 & older)
 Participants for family friendly cycle should be 4 feet 10 inches tall