

NORTHSIDE GROUP X CLASS DESCRIPTIONS

Group X is the place where you sweat, have fun and get fit while working out with others! All classes are 60-minutes unless noted. Not all classes are offered at all locations. See each club schedule for specific classes.

A (*) next to a Class Title denotes a **75 Minute Class**. (ex. YogaFlex*)

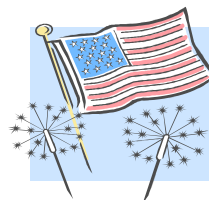
A (+) next to a Class Title denotes a **90 Minute Class**. (ex. AKB+)

- ◆ **BodyFlow:** The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of moves and poses brings the body into a state of harmony and balance. *All Fitness Levels*
- ◆ **BodyJam :** The cardio dance workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat! *All Fitness Levels*
- ◆ **BodyPump:** The fastest way to shape and lose body fat. A toning & conditioning class with weights that is for just about anybody. It's perfect for both males & females who want to add strength training to their cardio regimen. This simplistic muscular endurance workout makes it a great starting point to develop strength & confidence. *All fitness levels.*
- ◆ **BodyPumpXP-** An express BodyPump class. 45 minutes gets you a quick & effective workout.
- ◆ **Bootcamp:** 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. *Intermediate to advanced*
- ◆ **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. **Sign up at the front desk to reserve your spot.** *All fitness levels*
- ◆ **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.*
- ◆ **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 are used. It will energize & challenge the body.
 - ◆ **BodyStep :** You'll use simple movements on, over and around the bench while getting huge motivation from sing-a-long music and approachable instructors. Cardio segments push calorie burning systems into high gear, and muscle conditioning tracks tone and shape your body. *Intermediate to Advanced Fitness Levels*
 - ◆ **Advanced Step:** Specifically designed for the more advanced participant, who desires intense power and propulsion type and/or complex choreography.
- ◆ **YogaFlex:** 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*
- ◆ **Zumba:** Dance your way to a fitter you! A cardio workout using exciting and unique Latin moves and rhythms. Also incorporates dance elements from other cultures including hula. *All Fitness Levels*

Northside Specialty Classes

- ◆ **Americanized Boxing+:** Jab, hook, uppercut, BOX your way to great fitness! No kicking involved. *All Fitness Levels*
- ◆ **Americanized KickBoxing+:** 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*
- ◆ **Beginner Americanized Kickboxing*:** Fonz and his team will teach you the basics of this popular class. They'll teach you combinations and work on your technique while giving you a workout at the same time! *All Fitness Levels*
- ◆ **Belly Dancing:** Join Trish in the ancient art of belly dancing. Swivel, shake & shimmy your way to a fitter, more confident you! *All Fitness Levels*
- ◆ **BodyCombat:** Unleash! A fiercely energetic & empowering cardio workout inspired by Martial Arts. It draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi & Muay Thai. *Intermediate to Advanced*
- ◆ **Butts,Guts&More:** Muscular endurance & strength training that focuses on the glutes, abdominals, legs & the large muscle groups of the upper body. *All fitness levels*
- ◆ **DBL STEP-** Join Kate for Advanced Step using two steps! *Intermediate to Advanced*
- ◆ **EXTREME STEP-**Advanced Step with a focus on fast paced, dance inspired moves *with little break down* for a fun, non-stop cardio workout for the mind and body. *Intermediate to Advanced*
- ◆ **LineDancing:** 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*

****PLEASE NOTE: CHILDREN MUST BE AT LEAST 14 YEARS OLD TO PARTICIPATE IN GROUP X CLASSES**



**Questions or comments?
Contact Barbi Dunn,
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