



SOUTHSIDE GROUP X CLASS DESCRIPTIONS

AUGUST 2010



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. Boxing+)

A (XP-stands for Express) next to a Class Title denotes a 45 minute class.

◆ **Abs15:** Your 15-minute solution to great abdominals! Train them in a short amount of time with effective exercises. *All fitness levels.*

◆ **BodyFlow:** The Yoga, Tai Chi, Pilates workout that builds flexibility & strength and leaves you feeling centered & calm. Controlled breathing, concentration and a carefully structured series of stretches, moves & poses to music create a holistic workout that brings the body into a state of harmony & balance. *All fitness levels.*

◆ **BodyJam:** The 55 Minute cardio workout where you are free to enjoy the sensation of dance. A fusion of the latest dance moves & hottest new sounds puts the emphasis as much on having fun as breaking a sweat. *Intermediate to Advanced fitness levels.*

◆ **BodyCombat:** A fiercely energetic & empowering cardio workout inspired by Martial Art & draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi & Muay Thai. Driving music will inspire you to strike, punch, kick & kata your way through calories to superior cardio fitness. *Intermediate to Advanced 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 aerobic workout. This Simplistic Muscular Endurance workout makes it a great starting point to develop Strength & Confidence. *All fitness levels. Space is limited - sign up at the front desk.*

◆ **BootCamp:** This 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,Gutts&More:** Muscle Endurance & Strength Training work that focuses on Abdominal & Lower Body exercises. *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. **Sign up at the front desk to reserve your spot. You Must Have Water in order to Ride.** *All fitness levels.*

◆ **Duration of Rides:** The length of the working ride is noted next to the word Cycle on the schedule. Extra time is allowed for setting up new riders, explanation of Form & Safety Cues, etc. If it is Cycle45 and the class begins at 9:15, the Instructor has until 10:15 to complete a 45 Minute ride, including Cool Down and Stretching.

- ◆ **Cycle45:** A 45 Minute ride in a 1 Hour time slot.
- ◆ **Cycle60:** A 60 Minute ride in a 75 Minute time slot.
- ◆ **Cycle75:** A 75 Minute ride in a 90 Minute time slot.
- ◆ **Cycle90:** A 90 Minute ride in a 1 Hour, 45 Minute time slot.

◆ **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. Equipment may be used. *All fitness levels.*

◆ **Seniortize:** Low impact and muscle conditioning workout geared towards the mature exerciser and/or special populations. All Ages & Fitness Levels are welcome.

- ◆ **Step:** Using a bench platform, you can choose one of the following step classes based on the type of class you desire:
 - ◆ **Advanced Step:** Challenge your mind & body through more complex choreography. *Advanced.*
 - ◆ **Basic Step:** Designed for beginners or those desiring a less intense, less complex workout. Choreography is basic; no power moves are used - low impact. It will energize & challenge the body. *All fitness levels.*
 - ◆ **BodyStep:** THE energizing Step workout! Using a height adjustable bench & simple movements, the Cardio Blocks push calorie burning into high gear. Workout ends with Muscle Conditioning tracks that shape and tone your body. *All fitness levels.*
 - ◆ **Step Circuit (SCT):** Get a fat burning workout from the step portion of the class, mixed with Strength Training Intervals to shape your body from head to toe! *Intermediate to Advanced Levels.*
- ◆ **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.*
 - ◆ **Gentle Yoga:** Enjoy the relaxing benefits of yoga while increasing strength & flexibility. Less vigorous than other yoga workouts. Great for Beginners or Special Populations (Seniors, Pregnant or Postpartum Mothers, etc.) *All Fitness Levels.*
- ◆ **Zumba:** Dance your way to a fitter you! An Aerobic workout using exciting and unique Latin Moves and Rhythms. Also incorporates dance elements from other cultures including Belly Dancing and Hula. *All Fitness Levels.*

Classes special to MIDLOTHIAN

- ◆ **Bootcamp XP:** 30 minute lunchtime class. Squeeze that extra workout in on your midday break. *All fitness levels*
- ◆ **Fighter Fitness (formerly Fyte Lyte):** Bootcamp style class incorporating training similar to what you would find in the Mixed Martial Arts. *All fitness levels*
- ◆ **Line Dancing w/ Kemmel:** You have heard about him, asked for him to come to the Southside, usually the 3rd Monday of the month. All the modern line dances! *All fitness levels.*
- ◆ **S.P.E.W.:** Maximum results in a minimum amount of time. Average workouts range from 20 to 40 minutes. Tuesdays and Thursdays 7:00 pm Challenge yourself! *Not recommended for beginner exercisers*
- ◆ **Studio 54:** Come enjoy a Disco Line Dancing workout! Polyester not required. *All fitness levels.*
- ◆ **Core Revolution:** A 45 minute Powerhouse workout that targets your abs, back and glutes. That evasive 6-pack CAN be yours. *All fitness levels.*