

group fitness

at The Athletic Club

aerobics plus

aqua

CLASS DESCRIPTIONS

cycling

mind & body

20/20/20 – 20 mins. each of cardio, sculpting, and Yoga.

3D Aqua - A water combo class doing a little Dance, a little sport DRILLS, and a little DEEP water with aqua toys.

Aqua Abs - Have you ever thought you could work your abs in the pool? Try this circuit, gym-style workout in the water. Get out of your rut!

Aqua Arms - A full body workout with extra emphasis on arms. This class will use movements from all styles of aqua classes.

Aqua Box - Use punches and jabs to kick up your heart rate!

Aquarobics - Join us for a 45 minute cardio interval workout followed by 15 minutes of toning and stretching.

Butt & Gutts: The name says it all. 30 minutes of Butts & Gutts.

Cardio Combo – Combination of floor exercises and intervals & step.

Cardio Cycle - How many calories can you burn in an hour? A lot! Join this 1 hour cycling class to increase your calorie burn. This class utilizes various drills to keep your body guessing and burning calories long after the workout is over. Finish your workday feeling great after burning off fat and stress.

Core/ Stretch – Everyone wants a tighter tummy! Strong core, strong body! 30 minutes of exercises concentrating on abdominal, back, and glute muscles followed by great stretch. Join in at any time.

Dynamic Yoga - A powerful asana practice designed to give the body increased strength, energy and flexibility.

H2O Hover – Non-impact class using buoyancy tools to suspend you while making movements like scissor kicks, bicycles, running, and leaping motions.

Hatha Yoga - This class will help you improve overall health, lengthen and strengthen every muscle, prevent osteoporosis, relieve stress, balance hormones, improve focus and energize the body. All levels welcome.

Instructor's Choice: Decided by the instructor and announced the week before, this "choice" class ranges from Step to Athletic Training to Cardio Circuit Training to keep your body guessing! No cycling will be included in this class.

Interval Cardiosculpt: Bust out of that plateau with interval training – alternating 3 minute cardio bouts with 3 minutes of sculpting. Cardio intervals will include simple step, aerobic, and sports related combos. Sculpting will use dumbbells and bands. The ultimate full body workout.

The Long Ride: Need a flexible class starting or stopping time? Here's your class. Enter class at a time convenient for you, leave when you need, or stay for a long endurance ride. Sprints, hills, and intervals are incorporated for the ultimate challenge. All fitness levels are welcome and encouraged to attend.

Muscle Works – total body conditioning, strength training & toning using a variety of tools.

Power Yoga - Focus on balance, strength and flexibility. Working out hard sensitivity. Definitely a class for the Athlete in every body.

Ripped Abs – 30 minutes of abdominal and back work with a personal trainer in a group exercise setting.

Rock'n Body - Mix of weights and cardio to give you a tight, lean body. Guaranteed to make you sweat while you tone.

Step - combinations of athletic and/or dance based aerobic moves utilizing a height adjustable step platform to vary levels of intensity.

Step & Sculpt - Intervals of simple step combos and weights. Two classes in one for a more effective workout. Great for beginners!

Step 30 – Got 30 minutes to kick up that step? Challenge yourself with revved up step combinations. Suitable for all levels.

Watermoves - Combo class of Heavy Water, Aqua Box, and Water Dance using various water tools, such as bouys, boards, and noodles.

Yoga - Combines both Hatha & Lyengar styles. Helps improve flexibility, range of motion, muscle strength, & relaxation.

Yoga Sculpt - Simple Yoga moves with intervals of weight training. Tone your body while increasing flexibility and strength.

Yoganetics - Explores the nature of transition - the motion between poses that hooks them together in a nonstop movement meditation. Done on the floor, Yoganetics extends yoga into slow motion, emphasizing breathing and alignment while stretching and strengthening all major muscle groups

Zumba – an aerobic-dance program featuring a variety of rhythms from all over Latin America. You'll get a taste of everything-merengue, salsa, flamenco, samba, tango, reggae, cumbia, calypso, cha-cha, belly dancing, break dancing and more!

For more information contact groupfitness@athleticclubop.com