

CLASS DESCRIPTIONS

GET *RIPPED!* (North & South Locations) Results in Weeks!

Ripped is the revolutionary weight training workout using dumbbells, body weight, or barbells with adjustable weights. Set to motivating music, **Ripped** is a simple, athletic-based workout that strengthens, tones and defines every major muscle group in your body. **Ripped burns fat, burns calories and builds lean muscle!** **Ripped** is ideal for beginners through to experienced exercisers - **Ripped is for EVERYBODY!!!**

Phase 1 (**Get Ripped**) = Technique and Safety, for building strength and familiarity

Phase 2 (**Ripped Slim & Lean**) = for building Strength, Endurance, Muscle Definition

Phase 3 (**Ripped & Chiseled**) = for Endurance Hypertrophy, to overcome plateaus, high reps

Phase 4 (**Ripped to the Core**) = uses Compound movements which leads to major calorie burn

Phase 5 (**Ripped 1000**) = Cardio and Weights Intervals

Phase 6 (**Extremely Ripped**) = Compound movements with no breaks to keep your heart rate up

Phase 7 (**Extremely Ripped 1000**) = Cardio intervals and compound movements with no breaks

Ripped at the Bar (North & South Locations)

A high rep exercise class combining free weights and more use of the bar for maximum power and strength.

Ripped Buffet (North & South Locations)

It's the best of the best all in one! We've taken key components from all phases of **Ripped** and combined them into one class for the ultimate calorie burn! This class will keep you moving, sweating and always wondering what will come next! All fitness levels can participate in this class!

Spin (North & South Locations)

These cycling classes integrate real cycling principles and situations within a group cycling environment. It is not a traditional group bike class. It is a cycling experience that will leave you speechless! This is excellent for cardiovascular health and burns tones of calories.

Yoga Flow (North & South Locations)

Yoga Flow is composed of a continuous sequence of poses that are linked to one another in synchronization with the breath. This method of practice produces intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. It is a deeply vigorous practice that realigns the body, cultivates mental acuity, calms the nervous system, builds strength, and cultivates a feeling of inner peace. It is an all-levels class and beginners are welcome.

Cycle & Core (North Location)

This class has 45 minutes of all-out cycling & 15 minutes of core conditioning! Suitable for all fitness levels but will give the advanced cyclist a special push.

Step Extra (North Location)

This is high intensity and has advanced choreography. This class is based on stepping up and down off an adjustable platform with choreography and good tunes. High intensity intervals pump up the heart rate and increase your power and endurance. Suitable for all fitness levels but will give the advanced 'stepper' a challenge also.

TKO (North Location)

Great way to switch it up! Combine cardio, strength, endurance, conditioning, flexibility and throw in a few uppercuts in this technical knockout class!

50/50 (South Location)

30 minutes of high energy cardio (hi-lo/step or spin) followed by 25 minutes of resistance training using weights, balls and/or tubing for a full body workout.

Variety Hour (South Location)

This class will keep you guessing every week with various fun and unique ways to get a great cardio workout. This class is designed to keep you moving and make you sweat! All fitness levels can participate!

Muay Strength (South Location)

A bootcamp style class that combines Kickboxing and Muay Thai techniques along with other unique intervals designed to burn calories and build confidence. This class is suitable for all fitness levels.

Pilates (South Location)

The Pilates method is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Pilates improves body awareness, improves body alignment and breathing, and increases efficiency of movement. Suitable for all fitness levels.

Slow Flow Yoga (South location)

A slower version of Yoga Flow.

Hatha Yoga (South Location)

This practice targets the key "stress zones" where most of us store muscle tension, including the neck, shoulders, back, hips and legs. Release tension, improve your posture and open blocked energy pathways, while gently lengthening and toning muscles.

Yoga Nidra (South Location)

This deep relaxation technique, translated as 'Yoga Sleep', is a scientific method of removing tension from the body. A dedicated practice is equivalent to the benefit of 3 - 4 hours of deep sleep. Yoga Nidra is appropriate for people who are looking for deep relaxation, stress management, to harmonize the deeper unconsciousness and to awaken inner potential.

Yoga & Meditation (South Location)

This multi-level yoga class will lengthen and strengthen the body with attention to form and alignment in the postures. Working as partners in some postures will also be a tool to improve your yoga practice. A meditation/relaxation component will be included at the end of class to round out your yoga practice. Yoga is awareness of mind, body and breath, which you will explore in this class.