

CLASS DESCRIPTIONS

RIPPED! (North & South Locations)

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!!!**

Get RIPPED! = focuses on technique, safety, building strength & gaining muscle familiarity

Get RIPPED! Slim & Lean = works opposing muscle groups with high reps to build strength, endurance & definition

Get RIPPED! & Chiseled = perform 2-3 exercises per muscle group for endurance hypertrophy & to overcome plateaus

Get RIPPED! to the Core = uses double-duty exercises which involve multiple muscle groups to increase calorie burn

Get RIPPED! 1000 = involves short cardio intervals combined with double-duty exercises

Get Extremely RIPPED! = Non-stop double-duty exercises to keep your heart rate up & increase stamina

Get Extremely RIPPED! 1000 = non-stop cardio intervals combined with double-duty exercises

Get Extremely RIPPED! 1000 Hardcore = non-stop cardio intervals done in multiple sets with double-duty exercises

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!

RIPPED! Ride (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.

Body Moves (South Location)

A one hour class that incorporates a different format every week to alleviate boredom and the body's natural ability to plateau. Classes vary between Step, Intervals, Cardio Kickboxing, Resistance, Core, and Cycling.

Heart n' Muscle (South Location)

This class combines the best of hi/low/step cardio with a blend of choreography and a sprinkle of power intervals. Add in compound resistance training for a total body workout. Proper form and balance training will be emphasized. Finish with a well-deserved stretch. Perfect 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.

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.

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.

Zumba (North & South Locations)

Need a fun way to add some sizzle to your regime? Zumba is the class for you! Perfect for all fitness levels, you'll be amazed at how quickly the time goes by as you shimmy and shake your way through the class. Once you try it, you'll be hooked!