

Fitness Class Descriptions

Classes are appropriate for all fitness levels, unless otherwise noted.

Class Name	Description
BODYPUMP™	The Les Mills original barbell class focused on total body training, choreographed to great music while using light weights and high reps. High "fat burning" weight training.
BODY BLAST	Are you looking for the perfect combination of strength training and heart pumping cardio? If so, this is your class. The equipment and workouts vary each week to keep your body from plateauing.
BODY SCULPT	High intensity strength training class for the entire body using weights, bands and other fitness equipment. Workouts will focus on high repetitions and light weights to maximize the burn.
FIT FUN	It's all about variety in this cardio/strength class. Your heart rate will increase with low to medium impact aerobics as you strengthen your muscles with weights, resistance bands and medicine balls. Class ends with an important stretch session.
TRX	The TRX Suspension Trainer provides a full body workout using gravity and your own bodyweight to perform a variety of exercises. You control the intensity of each exercise by adjusting your body position.
BARRE FITNESS	This fusion class consists of Pilates, ballet and strength training. Exercises will focus on the core, bottom and inner thighs to achieve long, lean muscle tone and also give that booty a pop! Class is done in bare feet, socks with grips or ballet shoes.
KETTLEWORX	KettleWorX is FAST, FUN & EFFECTIVE. The innovative 3-dimensional training program gets your body moving in 3 directions & on 3 planes for more effective whole body workouts. By combining cardio + core + resistance training you're toning muscle head-to-toe and eliminating fat to lose weight.
CARDIO HIIT	This class is about taking your body out of its comfort zone to work harder than normal to burn more calories than a standard workout. If fat burning and increasing muscle tone is your goal, this is the class for you.
HIIT FUSION	HIIT Fusion is a blend of High-Intensity movements utilizing little to no equipment, designed to keep your heart rate elevated. There are modifications for all fitness levels.
INFERNO FITNESS	Looking to torch calories or to break out of your workout plateau? Look no further! Fitness Inferno is a high intensity interval training class that combines both cardio with strength/resistance training to burn as many calories as possible! It's a high energy class that will definitely jumpstart both your metabolism and weekend!
PILATES	Pilates utilizes a unique system of stretching and strengthening exercises which work the entire body, toning muscles, developing one's stability, improving posture, increasing flexibility and training the mind and body to work together to improve overall fitness.
SPIN®	A high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!
CYCLE	There's something for everyone in these classes! Intervals, rolling hills, sprints and climbs all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!
YOGA STRENGTH	This total body vinyasa flow workout will sculpt and strengthen every muscle in your body as you move through poses and engage all muscle groups. Dumbbells will be used to increase intensity and difficulty level for participants looking for a intense yoga class.
VINYASA YOGA	The word "vinyasa" indicates breath-connected movement. This yoga class balances flow from pose to pose with longer holds to build strength, stamina, and flexibility and cultivate mindfulness. Practice begins with centering the breath and the mind and ends with a restorative savasana.
YOGATA	Yogata is a fusion of Tabata training and Yoga to provide an efficient workout to improve endurance, strength, flexibility and mental awareness. This is a higher intensity class for those looking to push themselves a little harder and crank their metabolism into high gear!
SUNSET YOGA	Start your week off on a relaxing note at the Austin Gardens Environmental Center and let nature be your guide through this mindful practice as the sun sets. Leave feeling invigorated, refreshed and ready to conquer the week ahead.
BEG/CONT YOGA	This class is for those who have begun their exploration of yoga and would like to learn more challenging poses. Class includes a wider range of poses that focus on balance, abdominal/core strength, breathing techniques, lengthening and toning the entire body. As various poses are mastered, student awareness of the body grows, guiding toward a healthy body and a more centered state of consciousness.
NIA	Nia blends dance, martial arts and healing in an aerobic, movement-based class. Classes are conducted barefoot. Appropriate for all fitness levels; no dance or martial arts experience necessary.
WERQ® Dance Fitness	WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music. If you're looking to learn new moves, or just love to dance, you'll want to check out this class!
ZUMBA	ZUMBA Fitness is like no other workout you will ever experience! It combines latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program. You will fall in love with the infectious music and body-beautifying benefits. 45 minutes of Zumba and 10 minutes of Core work.
*BASIC FITNESS	Build strong bones and muscles while developing cardiovascular endurance and flexibility. Individual modifications provided as needed.
*STRONG & LONG	This class focuses on improving strength and flexibility. Strength exercises include upper and lower body with special attention on the core muscles to improve strength and flexibility.
*SOME LIKE IT LIGHT	Exercise with hand-held weights to help prevent and reduce osteoporosis. A great choice for cross-training with an emphasis on stretching, toning, strength, flexibility and endurance.

*Active adult classes (50+): Punch passes are available in 10, 20 & 35 punch increments. Each visit to one of the classes listed counts as one punch. Punch passes expire 6 months after the date of purchase and is non-transferable and non-refundable. Buy your pass at either of our Registration Sites (RCRC or GRC).
CODE: FITNESPP