

## **Fitness Class Descriptions**

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

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. 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. It's all about variety in this cardio/strength class. Your heart rate will increase with low to medium impact aerobics a you strengthen your muscles with weights, resistance bands and medicine balls. Class ends with an important stretch session. 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. 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 o ballet shoes.  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.  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 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.  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	Class Name	Description
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	*SOME LIKE IT LIGHT	
	JOHNE BINE II BIGIII	

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

\*Active adult classes (50+): 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