

# franco's **GROUP EXERCISE CLASS** descriptions



Studio 1

BP is the original barbell class that strengthens your entire body & challenges all major muscle groups using the best weight-room exercises like squats, presses, lifts and curls.



Studio 1

The same great BP barbell class that you know set to an express (shorter) version; followed by CXWORX; all levels.



Studio 1

A non-contact, martial arts-based fitness program with moves drawn from Karate, Taekwondo, kung fu, kickboxing, muay thai providing ultra-fast fitness results; all levels



Studio 1

55 minutes of high energy interval training that combines athletic aerobic movements with strength & stabilization exercises. All levels welcome.



Studio 1

A 45 minute class featuring simple but hot dance moves to chart topping popular hits. Beginner to advanced



Studio 1

A cardio class where you are free to enjoy the sensation of dance, fusing the latest dance moves & hottest new sound!



Studio 1 & MB Studio

A rigorous 30 minute class that provides core strength by targeting ALL core muscle groups. Beginner to advanced.

Studio 1



This dance routine features fast and slow rhythms, combined to tone and sculpt your body. Add some Latin flavor and you've got Zumba@! Beginner friendly.

## T.N.T. Xplode

Studio 1

No dance choreography here just 45 minutes of high intensity calorie burning cardio drills with 10 minutes of abs & stretch on the Bosu. All levels welcome

## Boot Camp

Studio 1

A high intensity workout that targets all areas of the body using cardio & muscular endurance, agility, balance & flexibility with high caloric expenditure. All levels welcome.

## T.N.T. Sculpt/Strength

Studio 1

A variety of resistance tools such as dumbbells, tubing, & BOSU's to train for functional strength. All levels

## F.I.T.(Fluid Interval Training)

F.I.T.Circuit Studio

Participants rotate cardio and strength stations to heart pumping music with low lighting, in 45 minutes of 1minute intervals, followed by stretching. Beginner to Advanced

## Aqua Fitness

6 Lane Pool

A cardio & strength workout utilizing noodles & dumbbells in the water with minimal impact on the joints. All ages & levels

## SilverSneakers®

Studio 1

A variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. All ages & members welcome.

## Sr. F.I.T (Fluid Interval Training) F.I.T. Circuit

Participants rotate cardio & strength stations in 2 minute intervals, followed by light stretching; done to big band & swing music; very social. Senior & Beginner friendly.

## Dancin' to the Oldies

MB Studio/Gym

A low impact aerobics for beginners and seniors.

## Power Kick/Power Kick Circuit

Studio 1

A total body workout; circuits include kick box, jump rope, weighted exercises using body bars & hand weights. PK Circuit is a 90 minute class.



## Hard Core Abs & Legs

MB Studio

This 30 minute abdominal and leg workout is great for toning & strengthening the lower body. All levels welcome.

## Raw-Power-in-Motion Cycling Studio

The indoor cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high. Beginner to advanced.

## Sculpt Xpress

Studio 1

Strengthen and define each muscle group by using dumbbells, body bars, and bands with short segments of cardio. Beginner to advanced; 45 minutes.

## STEP (45minutes)

Studio 1

A great cardio workout that improves your aerobic fitness level; step terminology helpful; Intermediate to advanced.

## Studio Cycling

Cycling Studio

Indoor cycling that utilizes innovative, motivational techniques. All levels welcome!

## Tri-athlete's Cycle

Cycling

Indoor cycling for training the competitor; all levels welcome

## Fun Fit Friday

Studio 1

A class full of variety that will change equipment weekly to increase your cardio fitness & strength. All levels welcome.

## MIND / BODY CLASSES Mind & Body Studio



A yoga, tai chi & Pilates workout that builds flexibility & strength using contemporary music. All levels. Please bring a mat. S-1 & MB Studio

## Pilates Mat & Foam Roller

Studio 1 & MB Studio

A series of controlled movements for enhancing strength, flexibility, control, & balance. Please bring a mat. All levels

## Yoga I & II

MB Studio

These traditional classes utilize various poses to create flexibility and strength using controlled static stretches. Yoga I: Begin.-Inter. Yoga II: Inter. - Adv. Please bring a mat.

## Yoga Stretch

MB Studio

Light Yoga with gentle movements and stretching. Beginner and Senior friendly. Please bring a mat.

# franco's **GROUP EXERCISE CLASS** descriptions

## Tai Chi

MB Studio

Improves health, focus, balance, flexibility, coordination, strength, body posture, and endurance with gentle movements & stretching. Beginner and senior friendly.

January, 2012

