

# franco's GROUP EXERCISE CLASS descriptions



Studio 1

BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.



Studio 1

A non-contact, martial arts-based fitness program with moves drawn from Karate, Taekwondo, kung fu, kickboxing, muay thai and tai chi providing an exhilarating exercise experience that delivers ultra-fast fitness results.



Studio 1

BODYJAM is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.



Studio 1

BodyAttack, a 55 minute class of high energy interval training that combines athletic aerobic movements with strength and stabilization exercises.



ZUMBA

Studio 1

This dance routine features fast and slow rhythms, and resistance training are combined to tone and sculpt your body. Add some Latin flavor and international zest into the mix and you've got Zumba®! Beginner friendly.

## STEP into Hi/Low

Studio 1

Let's get your feet moving, your body groovin', and your heart pumping with 25 min. of Step followed by Hi/Low combined with the latest core and stability training.

## Interval STEP & Strength

Studio 1

Interval training combining the use of dumbbells and the STEP this class will target your heart rate and challenge all the major muscle groups.

## T.N.T. Sculpt/Strength

Studio 1

This class uses a variety of light resistance and stability tools such as dumbbells, tubing, stability balls and BOSU's to train for movements that create functional strength.

## 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 1 minute intervals, followed by stretching. Beginner to Advanced.

## Aqua Fitness

6 Lane Pool

An amazing cardio and strength workout utilizing noodles and dumbbells, in the water, with minimal impact on your joints. All levels.

## SilverSneakers®

Studio 1

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. All ages welcome. All members welcome.

## Sr. Fluid Interval Training

F.I.T. Circuit Studio

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

Low impact aerobics that is both beginner and Senior friendly.

## Power Kick/Power Kick Circuit

Studio 1

This total body workout is gets our heart pounding. Circuits include kick box, jump rope, weighted exercises using body bars and hand weights. A 90 minute class.

## Hard Core Abs & Legs

Studio 1 & Yoga Studio



This 15 or 30 minute (see schedule) abdominal/leg workout is a great toning workout. 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.

## Sculpt Explosion

Studio 1

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

## STEP

Studio 1

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

## Studio Cycling

Cycling Studio

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

## MIND / BODY CLASSES

Yoga Studio



A yoga, tai chi and pilates workout that builds flexibility and strength using contemporary music and leaves you feeling centered and calm. All levels welcome. Please bring a mat.

## Pilates Mat

Studio 1 & Yoga Studio

Pilates is a series of controlled movements designed to enhance strength, flexibility, control, balance and fluid movement. Please bring a mat.

## Yoga

This traditional Hatha Yoga-style class utilizes various postures or "poses" to create flexibility and strength in the body using controlled static stretches. Please bring a mat.

## Yoga Stretch

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

## Tai Chi

For those who wish to improve their health, fitness level, ability to focus, balance, flexibility, coordination, stamina, strength,

For more information on franco's group exercise call 792.0200 or visit our website at [www.myfrancos.com](http://www.myfrancos.com)

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body posture, and endurance with gentle movements and stretching. Beginner and senior friendly.