

68's INSIDE SPORTS CLASS DESCRIPTIONS

CARDIO ENDURANCE CLASSES:

BASIC STEP: Simple moves on the step. Learn to use an old favorite. Great cardio.

CARDIO FLEX: An awesome combination of cardio & flexibility. Class starts with cardio conditioning in a variety of styles & finishes with core strength & stretching.

CARDIO INTERVALS: Short segments of intense cardio drills followed by active rest segments. Great class for improving cardiovascular fitness & burning calories!!

CYCLE: Group cycling on a stationary bike set to inspiring music. Combine strength, interval, and endurance training all in one class. Participants are coached thru a fun ride over hills, flat roads and sprints past opponents.

HIP HOP DANCE: Bootie Poppin', Rump Shakin', Fat burning dance party.

KICK BOXING: Kick, punch, crunch, and sweat. Total body fitness.

STEP: Step class with fun moves presented in an easy to follow format for anyone looking to beat boredom and the bulge at the same time.

TURBO KICK: This is a fun & intense interval class consisting of kick boxing drills. The music is great and the workout is a blast.

ZUMBA: Latin dancing to awesome rhythms. Hip shaking fat burning fun for all.

CROSS TRAINING CLASSES: (CARDIO + STRENGTH)

BOOT CAMP: Intense strength and cardio drills linked together to keep the heart rate up while increasing muscular endurance and power. The result is a calorie crunching total body fitness class. Get sweaty & strong.

BOXING: A power packed hour of boxing! This class will teach correct punching technique while improving overall strength and endurance. A great way to tone your upper body and core, and an incredible cardio workout.

POWER PUNCH: 30 Minutes of punching the bags combined with athletic drills to strengthen the whole body from heart & lungs to back, chest & buns.

SENIOR FITNESS: Cross training for seniors & beginners. 20 minutes of light cardio, 25 minutes of strength, stretch, & balance work. It's never too late to start training. This class is perfect for improving strength, flexibility & balance.

CROSS TRAINING IN THE WATER

:(CARDIO+STRENGTH+H2O)

SENIOR WATER: Cardio and Strength exercises designed for seniors in the pool.

WATER WORKS: Cardio & Strength exercises performed in the pool for more resistance and less impact. Great cross training for everyone.

WATER WALKING: Walking thru the resistance of water builds strength and stamina. Discover the low impact, fun way to build strength and burn calories.

STRENGTH CLASSES:

BODYPUMP: BODYPUMP™ is the original barbell class that strengthens your entire body. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – fast!

BODYPUMP EXPRESS: The same great BODYPUMP™ class in a shorter version.

STRENGTH CAMP: Total body strength class. Get strong from head to toe with all kinds of great weight workouts. Use barbells, dumbbells, elastic tubing and more.

BUTTS & GUTS: Strength training for the lower body and core muscles.

GUTS & GUNS: Strength training for the core muscles & upper body.

FLOW: (Mind/Body classes to relax, lengthen, strengthen & renew)

ATHLETIC YOGA: All the best mind body classes like yoga, pilates, stability ball, & chi ball combine to enhance strength, flexibility and balance.

FLOW PIYO: A blend of yoga & pilates using strength conditioning props like the Pilates rings, chi balls, and stability balls. Improve flexibility, strength & balance.

LONG & STRONG: A blend of yoga & pilates using strength conditioning props like the Pilates rings, chi balls, stability balls & elastic bands to improve flexibility, strength & balance.

MIXED LEVEL YOGA: This class blends strength with the alignment principles of basic yoga. You will gain flexibility and relaxation along with a sense of well-being and inner stillness. This practice is joyful, therapeutic, and inspiring. For all levels.

PILATES MAT: Pilates works the powerhouse core. These exercises enhance strength & flexibility while creating body awareness.

SENIOR STRETCH & STRENGTH: This class is a combination of gentle stretching & strengthening exercises for the beginner or senior looking to improve flexibility & balance while getting stronger in both mind and body.

YOGA: Mind body movements & poses to improve strength, flexibility, balance and the ability to remove unwanted stress and tension. For all levels of ability.

SPECIALTY CLASSES:

*****KINESIS***:** Take your training to the next level. Build strength, core stability, balance and cardiovascular stamina all at once. This state of the art equipment provides a more efficient and a more functional training of the whole body. Burn 30% more calories than a typical strength training session. (Class packages available at reasonable prices.) *Contact leta@68insidesports.com to sign up for a class.*

****Fitness Boxing**:** Get fit like a fighter! Join our certified ex pro boxing trainer & retired US Army Ranger for the workout that will change your body into a lean mean fighting machine. Jab, cross, crunch and punch in this one hour fitness class while burning almost 1,000 calories! No prior Boxing Experience necessary. (Class packages available at reasonable prices) *Contact leta@68insidesports.com for more information.*

****Strive to Succeed**:** The "Strive" equipment located in the weight room is an excellent way to build strength at any level of fitness. **Strive to Succeed** is a program designed to get the novice weight lifter on a safe, effective strength training program to improve overall strength, joint stability & muscular balance. (Class packages available at reasonable prices.) *Contact Nancy or Christyh@68insidesports.com*

***Tai Chi & Qigong*:** Tai Chi & Qigong are traditional Chinese exercises done either slowly or quickly to help move the body's energy. This practice improves posture, balance, coordination, endurance, and flexibility to maintain good health and quality of life. *Contact leta@68insidesports.com for more info.*

68's INSIDE SPORTS CLASS DESCRIPTIONS

Belly Dance Aerobics: Learn one of the most ancient dance forms of the Middle East – Belly Dancing! Our Belly Dance Aerobics class will improve your cardiovascular fitness, strengthen your core, promote weight loss and boost self esteem and body image. Contact leta@68insidesports.com for more information. (Class packages available at reasonable prices.)