

Fitness Class Descriptions

New to Group Fitness?? Arrive to class early please let instructor know you are new to class. Dress in breathable comfortable workout attire. Wear supportive inside only shoes designed for that activity. Drink water before during and after class. Instructors will show different levels and modifications, workout at your own level. Feel free to ask instructor for help.

Aquacise/Water Fitness: Deep/shallow classes will give you a gentle low impact cardio and muscle conditioning workout. Listed on the pool schedule.

Awesome/killer Abs: Work your abs/core & more in a variety of ways on the fitball and mat.

Body Blast: This fast paced class will take you through a variety of floor cardio routines, plyometrics and strength training exercises...

Bootcamp(In/Outdoor): *Weather permitting...* This class will challenge your whole body...basic cardio and strength training options in the great outdoors (or in the gym)!!

Burn & Firm: *NEW!!* Engage the core, burn calories, and build muscular endurance in this fun and high intensity workout. We will be using steps, weights, stability balls, and more to not only have you sweating and burning calories but also to take you through the experience and effectiveness of firming your entire body.

Cardio Mix: This class will mix it up with basic low/high impact step, floor and kickboxing routines.

Pilates Mix: Class is warmed up with flowing Yoga poses. The main portion of the class is Pilates mat work focusing on building core strength while using proper breathing techniques. The class will finish with Yoga stretches and relaxation exercises.

Step: The instructor will bring you through a variety of patterns utilizing the step to tone your muscles and burn calories. **Double Step** class has patterns using two steps!

TURBO Kick®: Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! This is an interval based class that allows participants of any fitness level to participate.

Total Body Workout- Class will focus on strength training and toning using fitballs, weights and kettlebells. Some Cardio exercises in the gym will be added in as well. Class will end with core work and stretching.

Triathlon Class: SWIM-BIKE-RUN but not always in that order...this early morning class will mix it up twice a week (HS pool, Cycle and outdoor options) with a brick workout...2 workouts in one class...our experienced triathlon instructors Michelle, Eric & Sean will guide you and keep you motivated! Check out the group facebook page for current schedules [brainerdmultisportandrainingroup](https://www.facebook.com/brainerdmultisportandrainingroup). Class restarts Oct.18.

20.20.20- bike, swim, run Around 20 minutes of each (with transition time) Join us for one or all of the components... Start with the bike in studio 2 ~ outdoors to run~ lap pool



where Jane H (swim coach) will help us learn and perfect our strokes! We plan to train through the winter and do a Sprint Tri next summer!

YOGA Mix: Class focus is on building flexibility and strength in the body's core muscles in an effort to create body awareness, protect the back and develop better posture. Both Yoga & Pilates will lengthen, and balance out your body. Class is for all levels.

Beginning YOGA: Focus on each pose, great place to start!

Power YOGA: Experience the effects of powerful, flowing Ashtanga Yoga. This program is designed to increase energy, develop a strong and flexible body, and promote deep relaxation.

ZUMBA® is a Latin inspired dance-fitness class that incorporated Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. ZUMBA Fitness Party combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. All levels...

GROUP CYCLE: Climb on our Lemond Revmaster and burn calories like crazy, improve your cardiovascular endurance and build strength. Our certified fitness instructors will take you through a low impact workout that closely resembles a ride encountering the challenge of flats, seated climbs, standing climbs and intervals all while maintaining the ability to go at your own pace. With no complicated moves to learn set to energizing music in a motivating group environment you'll find yourself having a blast while creating a leaner, stronger body. Arrive to class at least 10 minutes early to get your bike set up. Call Member Services **829-4767** to learn about the reservation policy and reserve your spot.



Cycle flex: Time crunched...out of shape? Choose your length of ride, take time to cool down and stretch.

Open Studio Cycle: Studio and bike usage is available to have an independent ride. Obtain a bike pass from the front desk (bike orientation required) and ride during the scheduled times.

GROUP POWER™: Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, **Group Power is for all ages (13 and over) and fitness levels.** Discover results, discover Group Power!!



* Group Power classes require a punch card and registration prior to class...

GROUP POWER TECHNIQUE: Instructor will give you direction and techniques that will help you through class.

GROUP POWER LAUNCH: The day(s) we introduce new music and choreography 4 times a year...classes are free to all...great way to introduce yourself to **GROUP POWER!**