

# ***CLASS DESCRIPTIONS***

**Abs/ Core- 30 Minutes** the mid area always a concern? We will provide the exercises that help build a strong core for better balance something needed in our everyday activities.

**Barre** - Build long, lean muscle with this ballet based class! Define and strengthen in this unique and challenging workout that targets your arms, abs, hips, butt and thighs. This intense fusion of Pilates, sculpting, and ballet-based exercises will change the way your body looks – longer, leaner and stronger!

**BODYPUMP** - 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.

**Boot Camp** – Combination workout to get you in the best shape ever! This class will combine cardio drills, strength training & plyometric. There will be challenging segments of cardiovascular work, muscle conditioning, and other athletic drills to ensure a complete total body workout..

**Cycle**:-45 minute cycle class, instructor drives you thru a variety of terrains, challenging flat rollers and hills.

**Cycle Core**- 1 hour cycle class, intended to work your inner core we keep it simple and introduce a basic hand towel, it will definitely improve your trunk and upper body strength.

**Cycle Intensity**- 1 hour cycle class focusing on energy zone training, by adding that extra 15 minutes you increase your overall endurance, a step up from our cycle class.

**Endurance Cycle**- 45 minute class where the instructor will maximize your endurance and press you to the limit, hills, hills, and more hills!!!

**Flow Yoga**-This general style Yoga, focuses on proper form, posing and proper breathing techniques cued in sequence. Everyone should be doing this class.

**I.T.F. Introduction to Functional Training ON THE GRAY TURF** BNFC personal trainer will provide you with proper form and technique utilizing functional training exercises (kettlebells, TRX, free weights and more) on the turf in this entry level 30 minute group training workout

**Interval Cycle**-45 minute class , variations of increasing the heart rate by climbing hills and speeding thru straight aways a must for that extreme calorie burn

**Lite and Easy Fit**- The class is designed to increase strength, range of motion, agility and balance. Instructor incorporates low impact and hand held weights for overall muscle conditioning

**Pilates /Mat** Strengthen your core while increasing flexibility in the rest of your body. Pilates combines key elements of stress reduction and bodywork. Focus on 3 principals, control centering, strengthen the core, hip & back alignment Mr. Joseph Pilates recognized as being the real “**POWERHOUSE**”

**Pilates +** - Keeping with the key elements of a Pilate’s class, we add different pieces of equipment such as Pilate’s rings or balls to take the workout up a notch.

**Pure Strength**- Incorporate weight training, helping build strength, definition and increase bone density and decrease body fat, why wouldn’t you try this.

**Steppin Up**-Incorporates the infamous **Step**,this class will bring you a cardiovascular workout with simple easy to follow choreography ,you will get the heart pumping and the calories burning add a little muscle and you got it all done.

**Tabata** –High intensity interval training which utilizes 8 exercises all done in 4 minute intervals. Tabata can be used for weight loss as well as improving overall fitness.

**Vinyasa Flow Yoga**- Rigorous yet beginner friendly Vinyasa flow class, with a heavy focuses on alignment and body awareness. If you’ve ever said to yourself ‘I can’t do yoga I’m not flexible enough’.... this class is for you!

**Yoga** – A Hindu spiritual and ascetic discipline, including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation. A regular yoga practice will help transform both your mind and body ultimately helping you find an inner calmness/peace, enhance your balance and stability, and leave you feeling stronger and more centered.

**Zumba** – Zumba dance fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will simply blow you away! You will maximize your caloric output while burning fat and shaking your booty. Zumba is like “Girls Night Out” as you will Salsa and Merengue yourselves silly. As Zumba nation says, “Join the party!”

For Group X comments or questions please contact Boston North Fitness Center Group X Director, Diane Landers

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