

# class descriptions + information

reservations are strongly suggested for krank - spin - kangoo + gravity - 310-314-0220

## 2x2 Conditioning!

Two minutes of cardio...two minutes of resistance training...repeat! This is an incredible total body workout!

## After School Kool

Please sign up at the front desk prior to having children take this class. Now your kids can enjoy going to the gym just as much as you do! With upbeat music, they will be able to learn fun choreography, and play games to learn team-building skills they will enjoy. Class fee: \$10 per member child. \$15 for non-member child.

## All-Terrain Conditioning

Unleash your inner athlete! Train using heavy ropes, sand bags, tires and more! Challenge yourself to a total body workout, where your toughest opponent is you!

## All YOU!

Train using your own body weight to challenge yourself! Your toughest opponent in this circuit style, hard core conditioning class will be YOU!

## Boot Camp

Challenge yourself to various athletic drills, strength training exercises and more!

## Beach Yoga

Get outside and enjoy powerful, core strengthening Vinyasa Yoga. Discover the link between your breath and body as you move through various postures specifically designed to develop inner strength. Movements will be modified to include all levels.

## Boxing Circuit

Train with gloves, heavy bags, jump ropes and more! Be ready to work hard with this boxing inspired circuit class

## Cardio Sculpt

Challenge yourself to a combination of resistance training & cardiovascular conditioning! Tone your muscles, burn fat & create a strong, lean body with various types of equipment.

## Core Blast!

Blast that belly with 30 minutes of total AB and CORE work!

## Core Blast + Sculpt

A class focusing on ab & core work + additional resistance training for your entire body.

## Cycling® - Intervals - Caloric Burn!

Experience high intensity interval training on the bike as you ride yourself out of your comfort zone! Burn crazy calories as you push your athletic edge!

## Cycling® - Endurance Zone - Fat Flush!

Build your cardiovascular endurance, challenge your stamina, & utilize your excess fat as fuel! Challenge yourself mentally & physically to hold your intensity at a challenging, but sustainable, level for the entire ride.

## Cycling® - Strength Zone - Climb Hard!

Build cardiovascular strength & challenge your heart, legs & lungs as you attack hills & cycle through your strength training zone. Expect to breathe hard & push your edge!

## G3: Glutes to the third power!

Work all three muscles that encompass the powerful Glute Muscles: Glute Maximus, Medius, and Minimus. See how targeting these muscles can help defy gravity and help sculpt your rear end!

## Gravity Circuit

Enjoy a full body workout. Get your strength training and cardio conditioning in less than an hour. Gravity accommodates all age & fitness levels within a single training session. (Gravity Circuit is a gravity workout in addition to other fitness stations.)

## Gravity Circuit Pilates

Experience traditional Pilates with a slant! Gravity Pilates offers reformer repertoires and then blends them with new evolved Pilates-based exercises that are specific to the Gravity Training System.

## Hip Hop Cardio

Get your groove on with Hip Hop dance! Enjoy easy to follow choreography as you shake, sweat & move yourself through this fun cardio workout!

## HIT 220!

High Intensity Training will take you to a new level! This intense, interval based workout will burn tons of calories, push your athletic edge & keep you metabolically active for hours after you are finished.

## Kangoo

Kangoo Jumps are the lowest impact running shoe designed to increase your caloric expenditure, increase your core strength & have you sweating your butt off in no time! Wear long socks! (in case of inclement weather, this class may be cancelled)

## Karaoke Cycle

Sing karaoke while spinning for an hour. This class is so much FUN & a fantastic way to start your weekend!

## Kranking

Kranking can be added to any of our amazing spin classes. Feel free to ask one of our instructors to help set you up on one of our 5 Krank machines. You can also interval it in spin classes as well.

## Peaceful Warrior (Martial Arts Fusion)

Fun fusion of martial art styles that activates your body with the creative expression of capoeira, Thai kick-boxing, Tae Kwon do, and Kung Fu. This class is geared to all fitness levels to reassure proper form safety, and maximum efficiency of working out all the body's muscles. The key to this class is to have fun and learn skills that you never thought would be possible and to positively transform your mind and body.

## Power Kranking® + Cycle Fusion

Focus on specific heart rate training techniques, as you sweat it out for a full hour, performing intervals on the Krank and Cycle cardio machines.

## Power Yoga

A powerful Vinyasa class, be ready to feel invigorated and energized by this amazingly strong class. All levels are welcome.

## Strengthen & Lengthen

Create a long & lean physique with a dynamic and unique mixture of martial arts, Pilates & ballet conditioning.

## Stretch & Relax (All levels welcome)

Take a full hour to stretch & relax your mind & body, using various stretching methods, including props, to help you release tension & lengthen your muscles.

## Sunday Spin® - Fat Flush!

Build your cardiovascular endurance, challenge your stamina, & utilize your excess fat as fuel! Ride to the rhythms of live drums at monthly special class. Dates will be posted on monthly schedule.

## Tabata

Ara's Tabata class takes interval training to a whole new level. Using simple but challenging exercises, you'll work for 20 seconds as hard as you can, then rest for 10 seconds (up to eight rounds in an hour) Sara promises you'll walk out sweatier than you've ever been before!

## TGIF Spin!®

Finish your week with a bang! Be ready to work hard & have fun, as you tackle varied terrain.

## TRX Circuit

Build total body strength & muscular endurance, by using your own body weight.

## Yoga Sculpt (Levels Int.- Adv)

Enjoy the perfect mix of resistance training and Yoga. Sculpt your body, focus your mind and rejuvenate yourself with a unique yoga class that also uses weights to help build strength.

## Yoga/Pilates Transformation

A workout disciplined to strengthen your entire body's flexibility. This class focuses on posture, toning & alignment. All levels welcome.

## Zumba®

Party yourself into shape with this high energy cardio class! Feel the music & let loose with Latin rhythms & easy-to-follow choreography!

## Class Codes

MS = Main Studio    CS = Cycle Studio    BS = Boxing Studio  
O = Outside    \$ = Special Fees