

PROACTIVE PERSONAL TRAINING & FITNESS EDUCATION

GROUP X TRAINING SESSION DESCRIPTIONS

Spring / Summer 2017

Body B.L.A.S.T

Be Lean And Strong Today! This sculpting system will ignite all of your muscles full blast using various pieces of equipment including tubes, DB's, Gliders, Mini-balls and other options. It's non-stop; it's fun and it gets results.

Cardio Mix Up

Keep your body and mind guessing as we mix up your cardio workout from week to week. Show up and be ready to get your legs moving and your heart pumping. Class format will change weekly and may include, Step, Gliding, Boxing, Cycling, Low Impact, Latin Groove or any other Cardio based option we can come up with!

"C" – Squared (Cycle & Core)

In this case, "C" stands for CARDIO on our indoor cycles and CORE using the Bosus, Ballast Balls, or other effective conditioning aids. This interval style session will challenge your heart and lungs and also provide you with some essential core muscle conditioning. Rev up your heart rate, muscles and RPM's.

Cycle Circuit

Cycle Circuit offers the ultimate in cross training. You'll warm up on the bike and then work into steep inclines, smooth flats, and awesome intervals. Interspersed throughout the ride are strength bouts of Gliding™ exercises and anchored tubing or Dumbbell upper body work which will keep your muscles firing from start to finish. This workout creatively uses the bike while standing next to or riding on. You have to experience this workout - it is cross training at its very best.

Dynamic Core & Flexibility

A stronger core makes you better at all the things you do, from everyday life to your favorite activities – it's the glue that holds everything together. Dynamic core is an innovative, mind body approach to core strengthening using a wide variety of resistance tool and your own body weight. Learn how to activate, engage and utilize all your core muscles as you move, bend and stretch on all levels.

Myo Let Go Yoga

Myofascial Release is a safe and very effective technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore mobility. In this restorative, stress relieving class, you'll learn how to perform self-myofascial release of trigger points in the muscles. Trigger points are sore spots that form within muscles or tendons. We'll use foam rollers, tennis balls, Thera Canes and other tools to massage away muscle soreness in trigger points, and preparing your muscles for deeper stretching. You'll finish out the session with a segment of Yoga focusing on postures, flexibility, breath and mindfulness.

Sets & Reps

We've overhauled your workout to push you to the limit. This high energy class delivers the perfect balance of dynamic and pure strength training exercises with an emphasis on a strong connection to the core. Get ready for a muscle pumping, total body workout designed to build lean, powerful muscle.

Straight Up Sculpt

Variety is the key to results. With Straight Up Sculpt, you will get a different muscle conditioning challenge at every session. A wide variety of equipment will be used including; dumbbells, resistance bands, Gliders, Pos-A-Balls and more along with your own body weight to define muscles and shape your body. Jump into these sessions and soon you'll be showing off some serious muscle definition.

Sunrise Cycle

Wake up and start your day with this medium to high intensity indoor ride. We will cycle across a diverse terrain of jumps, climbs, and sprints designed to get your heart rate up and your metabolism moving to take you through the rest of the day. Our Keiser Cycles are compatible with "SPD" cycle shoes or regular fitness footwear.

Super Circuit

Improve your power, agility, strength, speed and stamina with this fun, hard core circuit style workout. Your challenge is to push your workout level up a notch with a big smile on your face. You work, you sweat and best of all, you burn calories like crazy. Open to all fitness levels. Push your body at your own pace and enjoy this great total body workout.

Yogalates

Yogalates is a fusion of Yoga and Pilates Mat. The focus in Yoga is on postures, breath and mindfulness while Pilates focuses on deep core muscles. Yogalates pairs these two revered movement practices for improved posture, balance, strength and flexibility. This blending of two mind/body formats will help to develop mental focus, aid in injury prevention, back care and the development of a strong core.