

Class Descriptions

Basic Strength: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories when you work out and at rest.

Bootcamp: Take your fitness to the next level with this conditioning class that will focus on cardiovascular endurance, strength, toning, and muscular development through the use of interval training and conditioning exercises.

Cardio & Abs: Tighten your midsection while you burn a ton of calories! This workout helps to decrease your overall body fat while increasing your abdominal and low back strength. You will work up a sweat in no time during this high energy workout.

Cardio Kickboxing and Sculpt: This class is a FUN sweatfest!! Come punch and kick all your frustrations out while improving your cardiovascular endurance and toning your entire core. We will also be using resistance bands, dumbbells, or body weight exercises to sculpt strong lean muscles.

Core Strength: There is more to your core than your abs! Having a strong core allows the muscles to work together more efficiently, improves torso stabilization, facilitates proper distribution of weight AND gives you're a flatter midsection. Work all the muscles of your core in this strength building workout.

Circuit Classes (Functional and Full Body): Participate in either of our circuit classes and get an awesome full body workout. These classes are easy to follow, provide a great aerobic and strength workout and are excellent to improve your overall fitness!

iFit: This class is the WILD CARD!! Could be cardio, could be strength, could be bodyweight or all 3!! Be ready for anything and everything in this hour long high energy class. You will leave ready to take on the day and anything else that comes your way.

Kick and Burn: This hour long class is a high intensity mix of cardio kickboxing and strength/toning exercises. You will move between segments of heart pumping kickboxing and muscular strength and endurance exercises for a full body burn!

Open Gym: Already know what you want to do today? Well here is your chance to come in and do it. Open gym is an hour at the Standish location where we will be there as more of a guide while you work out at your own pace. There will be a workout for you to follow if you would like some guidance and our trainers are always available for help and assistance.

Spin: Indoor cycling class that offers a low impact but high intensity way of building cardiovascular strength and endurance. Designed for ALL levels of participants, this class offers a challenging opportunity to get that heart pumping, burn some serious calories and leaves you with a great feeling of accomplishment.

Spin and Tone: In this hour long class you will alternate between spinning intervals and strength building/toning exercises. This interval style workout is guaranteed to make your sweat as you incorporate all the sprints and hills of a spinning class with sculpting exercises designed to tighten you up.

Strength and Boot: This class is part basic strength class and part boot camp. You will be exhausted after this 1.5 hour class that is going to increase your muscular strength and endurance before it switches gears into a total body conditioning boot camp

Tabata: Tabata training is a type of high intensity interval training that follows a specific format of 20 seconds of exercise followed by 10 seconds of rest and repeated 4-8 times. This is a perfect class to melt fat and increase cardiovascular and muscular endurance.

Yoga: Yoga poses are used to apply moderate stress to the connective tissues of the body – the tendons, fascia and ligament – with the aim of increasing circulation in the joints and improving flexibility as well as improving the flow of energy along the meridian channels.

Youth Fitness: This hour long training session focuses primarily on body awareness, speed, agility and core strength that will make your youngster sweat! This is a coed class geared towards kids age 9-14. Contact us for more info on classes for younger and older age groups.

ZUMBA®: ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

