

## Class Descriptions

**Please let your Instructor know before class if you are pregnant or Post Natal! Special attention, adaption and instruction will be given to Pre/Post Natal Women.**

### **ABS LAB**

Focus in on your core strength and stability. This class is total core work. Exercises, drills and balance drills to train your inner core. Don't be afraid to sweat!!!

### **ASHTANGA-VINYASA YOGA**

A flowing, dynamic yoga practice that cultivates presence by connecting and moving with breath. This energetic practice will empower you with the strength to face anything.

### **CIRCUIT/STRENGTH**

Combination of cardio drills and muscle conditioning exercises to provide you with the ultimate workout. We want to keep you guessing and challenge you differently every class!

### **COMBAT READY**

Education and weight training instruction techniques, flexibility guidelines and healthy body mechanics. Exercise programs to achieve your goals. Professional guidance from fitness specialists. Class focuses on Active duty but everyone is welcome!

### **CYCLE CIRCUIT**

Highly motivational class! Includes a combination of 30 minutes on the bike for cardiovascular training and 30 minutes of muscular conditioning exercises to increase strength and give you an entire body workout.

### **GET FIT STAY FIT**

Move to the music of a variety of exercises design to increase muscular strength, flexibility, balance, range of motion and coordination using handheld weights, resistance band, ball, BOSU and step.

### **INDOOR CYCLE**

More than just a workout! Indoor Cycling combines a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout.

### **POWERFIT**

Using strength from top to bottom using a combination of weights & cardio to efficiently burn calories. The challenge of cardio, strength training in 1 hour of sweat filled fun!

### **STEP**

Sweat and burn calories with fun intermediate step choreography to tone and define your entire body.

### **TOTAL BODY CONDITIONING**

Interval training and circuit style class. It's a calorie burning, fat blasting, body sculpting, abs toning, and booty kicking workout for all fitness levels. Tone & define your entire body using the ball, tube, weights & bars. This challenging & fun class will have your looking your best in no time!

### **YOGA**

Develop strength, balance and flexibility in this 60 minute moderate intensity class using the Vinyasa Flow style. Learn how to use your breathe to control the powerful movements your body will experience.

### **ZUMBA**

An exercise that involves dance and aerobic elements incorporating hip-hop, samba, salsa, meringue, mambo, martial arts and Bollywood belly dance moves.

### **BRAZILLIAN JIU JITSU**

A martial art, combat sport, and a self-defense system that focuses on grappling and especially ground fighting using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint-locks and chokeholds to defeat the opponent.

### **KAJUKENBO**

An American hybrid martial art derived from various art forms. KA for Karate and Tang Soo Do Korean Karate, JU for Judo and Jujutsu, KEN for Kenpo and BO for Western and Chinese Boxing. Customers are encourage to come to a session to meet the instructor. All experience levels are welcome 18 years and up.

### **MUAY THAI**

Combat sport of Thailand that uses stand-up striking along with various clinching techniques. A physical and mental discipline which includes combat on shins is known as "the art of eight limbs" because it is characterized by the combined use of fists, elbows, knees, shins, being associated with a good physical preparation that makes a full-contact fighter very efficient.

### **SETCHU-RYU JUJUTSU SELF DEFENSE**

This class explores practical application of techniques from Japanese, Hawaiian, Filipino, and Chinese martial Arts systems. Students will learn standing empty handed self defense techniques, leveragr points, and takedowns as well as knife defense.