

CLASS DESCRIPTIONS-BRADFORD

CARDIO CLASSES

STEP or STEP X-PRESS A solid step class offering innovative but uncomplicated patterns that will keep you moving while improving your cardiovascular capacity. The X-Press class is a 45-minute class.

LEARN TO STEP This class is a 30-45 minutes depending on class progress and fitness level. The basic steps are shown in progressive style, so each week something new may be introduced depending on the progress of the participants. Once the basics are learned try a Basic Step class to move to the next level.

STEP INTERVAL This class is a great way to burn more fat calories by interval training. Step patterns that are easy to follow to bring the heart rate up combined with conditioning exercises using the ball, weights and bands. **Guaranteed results!**

*Basic Step Interval offered also

BOOTCAMP This is a high energy class that will bring your heart rate up with non complex movements intermixed with muscle conditioning.

***SPIN** A 45 minute ride designed to take you through a mind-body journey using the Schwinn stationary bikes. Led by instructors who will motivate you through coaching skills and a variety of music. This class is for all levels of fitness.

KICKBOXING An awesome cardiovascular workout using boxing, kicking and martial arts moves and drills to achieve fitness benefits.

KICK AND FLEX A little bit of kickboxing mixed with a little bit of body flex. This class is a great way to get an overall workout in just one class.

SPORTS and CORE CONDITIONING Try this great cardio fat burning workout with intervals of Muscle Conditioning as well as core exercises. You will burn calories and tone up in this fun fast paced class.

Caribbean Rhythm Caribbean Rhythm is a diverse and challenging new workout. It is a dance class like no other. This class incorporates resistance strength training with dance, making it the perfect body challenge.

ZUMBA A dance class that fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY to do!

****Please sign up for a spin class at the front desk. No calls accepted for signing in, you must be present.**

MUSCLE CONDITIONING & FLEXIBILITY

ABC- abs, butt and core It's all about the butt and the abs!! A 45-minute class designed to strengthen your abs from the inside out and the entire leg.

LIGHT N' FIT Just added to the winter schedule. This class is designed for those looking for a less intense workout. Light Cardio, Light Weights and Light Flexibility training, all mixed into one great class.

ON THE BALL Tone and define your muscles while using the resist-a-ball. The ball will help develop strong core muscles in your abdominals and back.

BODY FLEX A muscle conditioning class designed to develop muscle for the optimum functional strength needed in everyday life. This class will

increase your metabolism and will increase bone density fighting off the onset of osteoporosis. This class uses hand held weights, body bars, resistance tubing, and resist-a-balls.

BODY TONE This one hour and fifteen minute class is Body Flex done Personal Trainer Style. A muscle conditioning class, team taught by two Personal Trainers using training principles to help maximize your workout.

PILATES A mat class designed to elongate and strengthen the core....focusing on proper alignment full range of motion and breathing.

Yoga 101 Want to learn the yoga basics? This class is designed to teach beginner students the proper form and technique of yoga postures, while giving you a workout. Please bring your own mat.

YOGA East meets West in this traditional yoga class. A combination of strengthening postures, stretching and deep breathing results in an incredibly exhilarating yet stress releasing workout. Please bring your own mat.

Yogalaties A little bit of Pilates mixed with a little bit of Yoga. Great for core strength and flexibility. This workout is for all levels. Please bring your own mat.