

# Class Descriptions 2020

## **B.E. FhIT:**

Transform your body by challenging yourself to a total body workout including intervals of high intensity with periods of rest. Come, sweat, burn fat, build lean muscle & see your body Be FIT!

## **CYCLING HIIT:**

Hi intensity workout choreographed to motivating music. Structured like an outdoor ride with uphill climbs, sprints, interval training, TABATA. This 45 minute class can help you burn about 400 to 600 calories. All Fitness Levels Encouraged.

## **HIIT 50:**

From beginners to advanced athletes, HIIT 50 has it all. With concentrated blocks that have a core focus (plyometrics & speed, strength & stability, agility & coordination, abs & core), you'll work on building your foundation and ramping up the next round. New to HIIT training? There's a modification to help you keep working hard and getting an amazing workout. The HIIT style training takes your heart rate up, then brings you to some concentrated muscle work. Stop in and get ready to HIIT it!

## **Power Yoga:**

Power yoga will give you a complete body workout. We will begin and end with stretch. Balance is incorporated for functional exercise. Flow will include weights to work your muscles. We will also add cardio to make sure we keep your heart rate up. This class will bring you to a new level of fitness like no other class. All levels welcome, you work up to what you can do. Have fun while working out.

## **Strong Women:**

A class held over the lunch hour that consists of a 20-minute workout of toning and strengthening activities. Workout clothes are not necessary for this class, comfortable clothing and a pair of tennis shoes is all you need.

## **TNT:**

This class focuses on strength and toning activities intermixed with cardio segments and strength training. This class is great for beginner and advanced participants.

## **Yoga:**

This is a soothing, relaxing approach to exercise that challenges the limits of your mind as it changes the limits of your strength and flexibility. This class is designed to relieve stress as well as build strength and flexibility.

*All classes are included in a Wellness membership. Punch cards can be purchased for non-members. Your first time to any class is always free!  
Please arrive 10 minutes prior to your first time class to meet the instructor and fill out any necessary forms prior to class participation.  
Please call the Wellness Center with any questions at (402)-362-0434.*