

# PEAK FITNESS CLASS DESCRIPTIONS

P=All Levels PP=Intermediate PPP=Advanced

**BODYCOMBAT™** - A FIERCELY ENERGETIC PROGRAM INSPIRED BY MARTIAL ARTS AND A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAEKWONDO AND TAI CHI. SUPPORTED BY DRIVING MUSIC AND ROLE MODEL INSTRUCTORS STRIKE, PUNCH AND KICK YOUR WAY THROUGH CALORIES TO SUPERIOR CARDIOVASCULAR FITNESS. PP/PPP

**BODYFLOW™** - IS THE YOGA, TAI CHI, PILATES WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH AND LEAVES YOU FEELING CENTERED AND CALM. CONTROLLED BREATHING, CONCENTRATION AND A CAREFULLY STRUCTURED SERIES OF STRETCHES, MOVES AND POSES TO MUSIC CREATE A HOLISTIC WORKOUT THAT BRINGS THE BODY INTO A STATE OF HARMONY AND BALANCE. P/PP/PPP

**BODYJAM™** - IS THE CARDIO WORKOUT WHERE YOU ARE FREE TO ENJOY THE SENSATION OF DANCE. AN ADDICTIVE FUSION OF THE LATEST DANCE STYLES AND HOTTEST NEW SOUNDS PUTS THE EMPHASIS AS MUCH ON HAVING FUN AS BREAKING A SWEAT. TRAINED INSTRUCTORS TEACH YOU TO MOVE WITH ATTITUDE THROUGH THIS 55-MINUTE CLASS. P/PP/PPP

**BODYPUMP™** - THE FASTEST WAY TO SHAPE UP AND LOSE BODY FAT; BODYPUMP IS A TONING AND CONDITIONING CLASS WITH WEIGHTS. PERFECT FOR MEN AND WOMEN WHO WANT TO ADD STRENGTH TRAINING INTO THEIR AEROBIC WORKOUT. HOT SOUNDS AND COMPELLING CHOREOGRAPHY KEEP YOU MOTIVATED AND COMING BACK FOR MORE! P/PP/PPP

**BOOT CAMP** - GET INTENSE WITH YOUR WORKOUT BY COMBINING CHALLENGING CARDIO WORK AND STRENGTH TRAINING EXERCISES. THE FORMAT AND EQUIPMENT USED WILL CHANGE EACH WEEK TO KEEP YOUR MUSCLES GUESSING AND MAKE EVERY CLASS FRESH! P/PP/PPP

**CXWORX** - IS THE 30-MINUTE CORE CLASS THAT'S BEEN FORMULATED WITH A CAREFULLY STRUCTURED, SCIENTIFIC APPROACH AND UNFORGIVING INTENSITY. IT HAS BEEN DESIGNED TO TIGHTEN AND TONE THE ABS, GLUTES, BACK, OBLIQUES AND 'SLINGS' CONNECTING THE UPPER AND LOWER BODY, IMPROVE FUNCTIONAL STRENGTH AND ASSIST IN INJURY PREVENTION LIKE NOTHING ELSE. PP/PPP

**DRUMS ALIVE** - COMBINES TRADITIONAL AEROBIC MOVEMENTS WITH THE POWERFUL BEAT AND RHYTHM OF THE DRUMS. THIS IS A WORKOUT FOR THE ENTIRE BODY, MIND AND SPIRIT! FEEL AND EXPERIENCE THE PULSATING RHYTHMS, DYNAMIC MOVEMENTS AND POWERFUL PERCUSSIONS OF THIS NEW HIGH-ENERGY DANCE AND RHYTHM PROGRAM. P/PP/PPP

**FIT BEATS** - USING RHYTHM AS THE SOURCE OF INSPIRATION TO DISCOVER A NEW GROUP FITNESS EXPERIENCE. THIS IS WHERE FUN MEETS FITNESS USING MOVEMENT AND PERCUSSION. ALL AGES AND LEVELS WELCOME. P/PP/PPP

**FOREVER FIT** - EFFECTIVE STRENGTH TRAINING, STRETCHING, BALANCE EXERCISES AND LIGHT CARDIO ESPECIALLY DESIGNED TO SAFELY CATER TO THE PHYSICAL NEEDS OF ACTIVE OLDER ADULTS. P/PP/PPP

**MMA BOOT CAMP** - MMA BOOTCAMP (MIXED MARTIAL ARTS) IS DESIGNED TO BUILD STAMINA & LEAN BODY MASS, INCREASE FOCUS & AWARENESS, TEACH YOU MMA & SELF DEFENSE SKILLS. WE ALSO TAKE GREAT CARE IN PREPARING THE MIND WITH BREATHING, FOCUS AND BODY MOVEMENT DRILLS. P/PP/PPP

**RPM** - THE INDOOR CYCLING WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC. TAKE ON THE TERRAIN WITH YOUR INSPIRING TEAM COACH WHO LEADS THE PACK THROUGH HILLS, FLATS, MOUNTAIN PEAKS, TIME TRIALS, AND INTERVAL TRAINING. DISCOVER YOUR ATHLETE WITHIN \* SWEAT AND BURN TO REACH YOUR ENDORPHIN HIGH. P/PP/PPP

**SPIN** - A CUSTOMIZED STATIONARY RACING BIKE - GIVES YOU A SMOOTH WORKOUT SIMULATING OUTDOOR CYCLING; LEARN HOW TO INCORPORATE THE USE OF HEART-RATE MONITORS TO GET A SAFE AND EFFECTIVE CARDIOVASCULAR WORKOUT. P/PP/PPP

**STEP / MULTI-STEP** - TRY OUR ENERGETIC STEP CLASSES FOR A FULL BODY WORKOUT! FOR AN EXTRA CHALLENGE, MULTI-STEP USES 2 OR 4 STEPS. COORDINATION, VARIETY AND FUN! P/PP/PPP

**YOGA** - INCREASE FLEXIBILITY AND STRENGTH WHILE RELAXING YOUR BODY AND MIND; MOVE THROUGH A VARIETY OF POSES USING YOGA FIT TECHNIQUES. IT'S THE PERFECT COMPLIMENT TO ALL EXERCISE ROUTINES. P/PP/PPP

**ZUMBA** - YOU CAN EXPECT HYPNOTIC LATIN RHYTHMS AND EASY-TO-FOLLOW DANCE MOVES WHICH WILL GIVE YOU RESULTS. THE ROUTINES FEATURE INTERVAL TRAINING SESSIONS WHERE FAST AND SLOW RHYTHMS AND RESISTANCE TRAINING ARE COMBINED TO TONE AND SCULPT YOUR BODY WHILE BURNING FAT. P/PP/PPP