

PEAK SPORTS CLUB - CLASS DESCRIPTIONS

BODYATTACK™ – A SPORTS-INSPIRED CARDIO WORKOUT FOR BUILDING STRENGTH AND STAMINA; THIS CLASS COMBINES HIGH ENERGY INTERVAL TRAINING AND ATHLETIC AEROBIC MOVEMENTS WITH STRENGTH AND STABILIZATION EXERCISES. POWERFUL MUSIC WILL MOTIVATE EVERYONE.

BODYCOMBAT™ – A FIERCELY ENERGETIC PROGRAM INSPIRED BY MARTIAL ARTS WITH A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAE KWON DO AND TAI CHI. SUPPORTED BY DRIVING MUSIC, STRIKE, PUNCH AND KICK YOUR WAY THROUGH CALORIES TO SUPERIOR CARDIOVASCULAR FITNESS. **BODYCOMBAT MINI** – ½ HOUR! EFFECTIVE AND EFFICIENT!

BODYFLOW™ – IS A YOGA, TAI CHI & PILATES WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH LEAVING 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.

BODYJAM™ – IS A 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 ON HAVING FUN AND BREAKING A SWEAT.

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!

BODYVIVE™ – THE PERFECT PROGRAM FOR ANYONE SEEKING IMPROVED MUSCULAR STRENGTH, INCREASED HEART HEALTH, IMPROVED FLEXIBILITY, BETTER AGILITY AND BALANCE, WEIGHT LOSS AND GENERAL WELLNESS; CHOREOGRAPHED TO POPULAR MUSIC.

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!

3 D CORE - THIS MULTI-DIMENSIONAL STRENGTH TRAINING CLASS PROMOTES A STRONG CORE BY PLACING YOUR BODY IN PROPER ALIGNMENT FOR STRESS-FREE MOVEMENT. TRAIN IN ALL 3 PLANES OF MOVEMENT WHILE FINDING MOBILITY, STRENGTH, LENGTH & RELIEF. POSTURAL ASSESSMENT RECOMMENDED – SEE 3 D INSTRUCTORS FOR DETAILS.

PILATES CORE BALL - USING EFFECTIVE METHODS OF STABILIZATION, CORE BALL CRANKS UP THE INTENSITY AND TARGETS THE MUSCLES OF THE CORE WHILE SUPPORTING YOUR SPINE TO HELP REDUCE BACK STRAIN ALLOWING YOU TO TRAIN YOUR DEEPEST CORE MUSCLES EFFECTIVELY.

CORE CHALLENGE – A 30-MINUTE HIGH INTENSITY CLASS THAT WORKS YOUR ENTIRE CORE. CHALLENGING AND FUN!

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 LIKE NOTHING ELSE.

FOREVER FIT – EFFECTIVE STRENGTH TRAINING, STRETCHING, BALANCE EXERCISES AND LIGHT CARDIO ESPECIALLY DESIGNED TO SAFELY CATER TO THE PHYSICAL NEEDS OF ACTIVE OLDER ADULTS.

PILATES/ MIX – ADOPTED BY DANCERS AND ATHLETES, EMBRACED BY MILLIONS, THIS FULL BODY WORKOUT SIGNIFICANTLY CHALLENGES CORE STRENGTH, DYNAMIC STABILITY AND COORDINATION. BUILD STRENGTH WITHOUT BULK. IMPROVE FLEXIBILITY AND POSTURE.

MIX– USES A VARIETY OF PROPS LIKE FOAM ROLLERS, BANDS AND BALLS FOR ADDED VARIETY.

PEAK RUNNING CREW – A TRAINING PROGRAM FOR RUNNERS, IMPROVE RUNNING EFFICIENCY AND PERFORMANCE. TRAIN FOR RACES OR RUN FOR FUN. MEETS TUESDAYS AT 5:30PM *PLEASE SEE FRONT DESK FOR LOCATION

POWER BALL – PUT YOUR CORE TO THE TEST WITH THIS 30 MINUTE CHALLENGE.

RPM – NOT JUST A CYCLE CLASS, IT'S A CALORIE-KILLING, ENDURANCE-BUILDING ROCK CONCERT ON WHEELS! TAKE ON THE TERRAIN THROUGH HILLS, FLATS, MOUNTAIN PEAKS, TIME TRIALS, AND INTERVAL TRAINING. COME AND DISCOVER YOUR ATHLETE WITHIN.

STEP / MULTI-STEP – USING A CLASSIC STEP PLATFORM, YOU WILL EXPERIENCE COMBINATIONS THAT WILL BE SURE TO KEEP YOU MOTIVATED. MULTI-STEP USES 2 OR 4 STEPS. COORDINATION, VARIETY AND FUN!

SPIN – A CUSTOMIZED STATIONARY RACING BIKE GIVES YOU A SMOOTH WORKOUT SIMULATING OUTDOOR CYCLING; GET A SAFE AND EFFECTIVE CARDIOVASCULAR WORKOUT. *LOOKING FOR MORE?* **SPIN CHALLENGE** - A 90 MIN RIDE.

5K/10K BOUND – TAUGHT BY EXPERIENCED RUNNERS, PREPARE FOR YOUR FIRST RACE OR IMPROVE YOUR PERFORMANCE FOR YOUR NEXT RACE. MEET NEW RUNNING PARTNERS, INCREASE YOUR RUNNING PERFORMANCE, AND HAVE FUN. SAFE RUNNING SHOES REQUIRED.

XTEND BARRE™ - XTEND BARRE COMBINES THE AMAZING RESULTS OF DANCE WITH THE PRINCIPLES OF STRENGTH AND SAFETY OF PILATES. ATHLETIC BALLET WITH POWERFUL CORE EXERCISES THAT GIVE YOU A CHSLED BODY FAST! **REGISTRATION & FEE REQUIRED**

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.

ZUMBA – HYPNOTIC LATIN RHYTHMS AND EASY-TO-FOLLOW DANCE MOVES WHICH WILL GIVE YOU RESULTS. FAST AND SLOW RHYTHMS AND RESISTANCE TRAINING ARE COMBINED TO TONE AND SCULPT YOUR BODY WHILE BURNING FAT.

ABS H2O – THIS WORKOUT FOCUSES ON CONDITIONING AND STRENGTHENING YOUR ABDOMINAL MUSCLES WITH WATER RESISTANCE.

AQUA AEROBICS – A SHALLOW WATER WORKOUT INCLUDING CALISTHENICS WITH VARIATIONS OF UPPER AND LOWER BODY STRENGTH MOVES. YOU'LL STRENGTHEN YOUR HEART AND BUILD MUSCULAR ENDURANCE AND FLEXIBILITY WITHOUT IMPACT ON YOUR JOINTS.

AQUA PILATES – SHALLOW WATER WORKOUT INCORPORATING PILATES EXERCISES BUILDING CORE STRENGTH, FLEXIBILITY AND COORDINATION. A FULL BODY WORKOUT THAT IS SAFE AND EFFECTIVE!

HYDRO POWER – IF YOU ARE LOOKING FOR FITNESS TRAINING, INJURY PREVENTION, OR JUST TO GET MOVING AND HAVE FUN, HYDRO POWER IS FOR YOU. GET FIT WHILE TONING AND SHAPING YOUR BODY USING THE RESISTANCE OF WATER.