

# **CLASS DESCRIPTIONS @ Rising Sun Fit Club**

## **Body Conditioning**

This is a moderate to high-intensity workout that's sure to help you sleep tonight! Using everything from agility cones and ladders to reflex-balls and kettlebells, you'll improve your cardiovascular fitness, strength, energy, & quickness. All levels are welcome, but enthusiasm is a must!

## **Bootcamp**

Get in shape "boot camp" style! Experience short bursts of high-intensity, interval-training that target the major muscle groups of the upper & lower body, specifically designed to "make it rain" sweat! From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, medicine balls, or even the participant's body weight, each class brings its own unique challenges. No two classes are the same!

## **Booty Builder**

Sculpt, tone and tighten those buns in this high-energy booty-building class. You will combine cardio, weight training and partner exercises focusing on the legs and butt to keep your booty in-check.

## **H.I.I.T**

This class blends cardio and resistance training for maximum fat burning and body sculpting results. It's an intense yet basic workout for all fitness levels and uses a variety of equipment including hand weights, kettlebells, and resistance bands.

## **Infusion**

Party style weight lifting infused with fun beats and easy movements. You will never see traditional cardio in this fun, heart pumping, strength class.

## **Kettlebell Infusion**

A mix of kettlebell skills and weight training.

## **Kickboxing**

A great workout for everyone interested in improving their fitness & stamina. This class is flexible to serve the needs of all students - it will get beginners into shape, it will challenge advanced athletes, & both men & women are welcome! Class format integrates combinations of punches, kicks, & heavy-bag work. Additional muscle and motion exercises are incorporated to strengthen and tone. You will have fun, reduce stress, & get an awesome workout. No experience required!!

## **Pilates**

This popular mat workout concentrates on core strength, body alignment and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this is the class for you!

## **Pyramid Training**

Stepped approach to sets and repetitions utilizing weights.

## **Sculpt**

Full body workout designed to build and strengthen muscle for a more firm and sculpted physique.

## **Step**

This step aerobics class gives you simple, heart-pumping routines combined with strength training intervals to give you a complete cardio/weight workout.

## **Strength Stations**

Barbells, dumbbells, mats. A workout constructed around an athletic style training with compound movements to create better overall strength. Workouts are Tabata style, a period of work time, and rest time.

## **Strength and Conditioning**

A total body strength workout for all levels! We use weights and finish off with a cardio circuit to burn extra calories!

## **Tighten & Tone**

Energetic workout including strength, cardio and core in one workout! Every class is something different and you never know what you're going to get! You'll get a great workout! This class gives you a little bit of everything for the body and is great for ALL fitness levels!

## **Total Body Interval**

Combination of bodyweight exercises for strength, weight training for muscle definition, and cardio for stamina.

## **Yoga**

Yoga is a low impact class perfect for ALL fitness levels. We work on Mind/body connection as we gently move through poses. Our focus is on increasing strength, balance and flexibility through movement.

## **Young at Heart**

Specially designed for seniors focusing on real life strength such as agility, balance, fall prevention, flexibility, hand-eye coordination and grip strength.

## **Zumba**

Zumba is one of the most unique, fun, and beneficial exercise programs to have blessed the fitness market for its diversity and level of fun! There are numerous different styles of dances mixed in and the beautiful part of this class is that you don't have to be a dancer or professional. Period. Zumba allows anyone and everyone to have fun while dancing and exercising, and at the same time - learning different styles of movement to amazing music. You can't beat that!