

CLASS DESCRIPTIONS

POUND-30-45 MIN- A HIGH ENERGY, LOW IMPACT, CARDIO JAM SESSION SET TO HIGH ENERGY MUSIC. CLASS USES LIGHTLY WEIGHTED DRUMSTICKS, TRANSFORMING DRUMMING INTO AN INCREDIBLY EFFECTIVE WORKOUT. "**POUND, HIIT, & FIT**" COMBINES POUND WITH CARDIO & STRENGTH DRILLS.

FIT-BALL-30 MIN- A FULL BODY WORKOUT INCORPORATING BALANCE, STRENGTH, CORE, & FLEXIBILITY USING THE LARGE STABILITY BALL.

BARRE ABOVE-45 MIN- BEYOND A TYPICAL BARRE CLASS! FOCUS IS ON BALANCE, FLEXIBILITY, & CORE CONDITIONING. A BODY BAR &/OR OTHER EQUIPMENT MAY BE USED.

SPINNING- 45 MIN-AN INDOOR, GROUP LED BIKE RIDE WHICH SIMULATES AN OUTDOOR ALL-TERRAIN RIDE.

YOGA-60 OR 75 MIN- SCIENTIFICALLY DESIGNED POSTURES THAT INCREASE FLEXIBILITY, BUILD STRENGTH, REDUCE STRESS, & IMPROVE OVERALL MENTAL & PHYSICAL HEALTH.

VINYASA YOGA-PRIMARY SERIES- PROVIDES THE SAME BENEFITS AS YOGA WITH THE ADDITION OF VINYASAS TO ACHIEVE GREATER STRENGTH & FLEXIBILITY.

YOGA-LATES-45 MIN-A UNIQUE INTEGRATION OF YOGA POSTURES WITH THE CORE STRENGTHENING & STABILIZATION OF PILATES (advanced abdominal training using techniques developed by Joseph Pilates)

CHAIR YOGA-45 MIN-ALL OF THE BENEFITS OF YOGA USING A CHAIR TO HELP WITH BALANCE. NO FLOOR WORK.

STEP EXPRESS-30 MIN VERSION OF STEP CLASS. A HIGH ENERGY CARDIO WORKOUT USING THE STEP TO INCREASE INTENSITY.

CARDIO KICK & SCULPT-45 MIN- CLASS WHICH COMBINES HI ENERGY CARDIO WITH PUNCH & KICK COMBOS & INTERVALS OF UPPER & LOWER BODY CONDITIONING WITH HAND WEIGHTS.

SENIOR AEROBICS-45 MIN-MILD AEROBIC EXERCISE TO UPBEAT MUSIC (30 MIN), FOLLOWED BY LIGHT WEIGHT TRAINING (15 MIN) & A GENTLE STRETCH.

BODY SHAPING-OVERALL UPPER & LOWER BODY & AB WORKOUT, USING WEIGHTS & OTHER RESISTANCE EQUIPMENT.

ABS EXPRESS-15 MIN.-AN INTENSE AB WORKOUT.

UPPER & LOWER BODY- 30 MIN.-CLASS WHICH USES A VARIETY OF EQUIPMENT TO TONE & SCULPT.

WEIGHTS & ABS-30 MIN- TONE, SCULPT, & STRENGTHEN THE MUSCLES OF THE UPPER BODY & ABS. "**WEIGHTS EXPRESS**"-15 MIN CLASS FOCUSING ON UPPER BODY. "**ABS & WEIGHTS**"-ABS PORTION DONE FIRST.

ABS/LEGS-30 MIN-CLASS WHICH FOCUSES ON STRENGTHENING & TONING THE LEGS, BUNS, & ABS.

ZUMBA-45 MIN-HIGH ENERGY AEROBIC/DANCE CLASS INCORPORATING A FUSION OF LATIN & INTERNATIONAL MUSIC
"**ZUMBA GOLD**"- A SLOWER, LESS INTENSE VERSION. "**ZUMBA TONING**"-INCLUDES THE USE OF LIGHT HAND WEIGHTS.

LATIN CARDIO-45 MIN- A HI-ENERGY CARDIO CLASS, SET TO LATIN MUSIC, COMBINING DANCE MOVES WITH TRADITIONAL HI-LO AEROBICS. CLASS IS OFFERED 1ST FRI & SUN A.M. OF EACH MONTH.

BOSU BALANCE & CORE-30 MIN-CLASS FOCUSING ON CORE & BALANCE USING THE BOSU BALANCE TRAINER. CLASS IS OFFERED ON 1ST THURS. AM OF THE MONTH (9AM).

BOOT CAMP-45 MIN- INTENSE CARDIO & STRENGTH TRAINING CLASS. CARDIO & STRENGTH DRILLS ARE INTRODUCED IN A NON-CHOREOGRAPHED FORMAT.

CARDIO MIX- 45 MIN-HI ENERGY CARDIO WORKOUT-CLASS FORMAT WILL VARY FROM WEEK TO WEEK.

CARDIO-BLAST- 60 MIN-ENERGY PACKED WORKOUT! CLASS FORMAT WILL VARY EACH WEEK.

STRONG BY ZUMBA-60 MIN-SPECIFICALLY DESIGNED CARDIO & STRENGTH EXERCISES TO WORK THE ENTIRE BODY. CLASS IS OFFERED THE 3RD MON OF EACH MONTH (7:15PM) & SELECT SATURDAY & SUNDAY MORNINGS.

THANK YOU FOR LETTING US HELP YOU REACH YOUR PERSONAL FITNESS GOALS! IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE CONTACT OUR GROUP EXERCISE DIRECTOR, DIANE BLUESTEIN,@ (215) 671-9969 EXT. 131 OR diane@northeastracquet.com