

CLASS DESCRIPTIONS

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

YOGA-60 MIN- SPECIALLY DESIGNED POSTURES FOCUSING ON FLEXIBILITY ,STRENGTH, REDUCING STRESS, & OVERALL MENTAL & PHYSICAL HEALTH.

STEP -30 MIN- A HIGH ENERGY CARDIO WORKOUT USING THE STEP TO INCREASE INTENSITY.

CARDIO /SCULPT/ABS- 60 MIN- CLASS WHICH INCLUDES BOTH CARDIO & SCULPTING COMPONENTS IN VARIOUS FORMATS, FOLLOWED BY AN AB WORKOUT. WEIGHTS OR OTHER EQUIPMENT WILL BE USED.

BODY SHAPING-45 MIN- OVERALL UPPER & LOWER BODY & AB WORKOUT, USING WEIGHTS & OTHER RESISTANCE EQUIPMENT.

ZUMBA-45 MIN-HIGH ENERGY AEROBIC/DANCE CLASS INCORPORATING A FUSION OF LATIN & INTERNATIONAL MUSIC. WEIGHTS WILL SOMETIMES BE INCLUDED IN THE WORKOUT. "**ZUMBA GOLD**"- A SLOWER, LESS INTENSE VERSION

SCULPT-30 MIN-AN OVERALL TONING & STRENGTHENING CLASS, INCORPORATING EXERCISE FOR BOTH UPPER & LOWER BODY.

CARDIO-KICK BOXING-30-45 MIN-COMBINES CARDIO WORK WITH KICK- BOXING COMBOS.

THANK YOU FOR LETTING US HELP YOU REACH YOUR FITNESS GOALS. IF YOU HAVE ANY QUESTIONS ABOUT OUR CLASSES, PLEASE CONTACT OUR GROUP EXERCISE DIRECTOR, Diane Bluestein, @215-671-9969 ext. 131 or diane@northeastracquet.com