

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.

CARDIO /SCULPT - 45 MIN- CLASS WHICH INCLUDES BOTH CARDIO & SCULPTING. FORMAT WILL VARY FROM WEEK TO WEEK. WEIGHTS AND/OR OTHER EQUIPMENT WILL BE USED.

BODY SHAPING-45 MIN- OVERALL UPPER & LOWER BODY & ABS 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-45 MIN-SLOWER, LESS INTENSE VERSION OF ZUMBA.

ZUMBA SCULPT-45 MIN-HIGH ENERGY ZUMBA WITH THE ADDITION OF HAND WEIGHTS DURING SOME SONGS. (OPTIONAL)

CHAIR YOGA-45-60 MIN-ALL OF THE BENEFITS OF YOGA, USING A CHAIR TO HELP WITH BALANCE. NO FLOORWORK.

CHAIR FIT-45 MIN-A LOW IMPACT, FUNCTIONAL & STRENGTH WORKOUT THAT UTILIZES THE ASSISTANCE OF A CHAIR. CLASS FOCUSES ON FUNCTIONAL MOVEMENT, STABILITY, & BALANCE.

LATIN CARDIO & SCULPT 45 MIN-HIGH ENERGY CARDIO WORKOUT SET TO LATIN MUSIC. LAST 15 MIN OF CLASS WILL INCLUDE ANY OF THE FOLLOWING: UPPER BODY WORK (WITH OR WITHOUT WEIGHTS), STANDING LEG WORK, & STANDING ABS.

WEIGHTS & ABS-30 MIN-UPPER BODY WORK PLUS ABS.

BARRE -45 MIN-A TOTAL BODY WORKOUT FOCUSING ON BALANCE, CORE, & LEGS. USE OF PILATES BALLS & GLIDING DISCS WILL OFTEN BE INCLUDED.

MAT PILATES-45 MIN-A SPECIALLY DESIGNED WORKOUT CONSISTING OF A SERIES OF SPECIFIC MOVEMENTS TO FOCUS ON CORE STRENGTH & STABILITY.

30 MINUTE CARDIO-30 MIN- A QUICK, BUT EFFECTIVE, CARDIO WORKOUT. (MON AM CLASS MAY INCLUDE USE OF A STEP).

BOSU BALANCE & CORE-15 MIN-A CORE, ABS, & BALANCE CLASS, USING THE BOSU TO ADD VARIETY & CHALLENGE.

STEP EXPRESS-30 MIN-CARDIO WORKOUT USING THE STEP TO ACHIEVE GREATER INTENSITY, VARIETY, & FUN!

ABS/ABS EXPRESS-15 MIN- AN INTENSE & EFFECTIVE WORKOUT FOR THE ABDOMINALS.

UPPER & LOWER BODY-30 MIN-CLASS INCLUDES EXERCISE TO STRENGTHEN & TONE THE UPPER & LOWER BODY. WEIGHTS AND/OR OTHER EQUIPMENT MAY BE USED.

LADIES DANCE WORKSHOP-45 MIN-LEARN THE FUNDAMENTALS & BASIC CHOREOGRAPHY OF BALLET, JAZZ, & LYRICAL. CLASS WILL ALSO INCLUDE BARRE & FLOORWORK.

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