

SOUTHWEST GROUP EXERCISE

CLASS DESCRIPTIONS

Barre Body™ – A modern, challenging, and safe barre class that sculpts while providing a calorie burning cardio workout. Set to an up tempo and fun mix of music ranging from classical to contemporary, this class targets specific muscle groups through repetitive movements. It incorporates weights, resistant bands, exercise balls and the ballet bar to incorporate core strength while developing long, lean flexible muscle.

Body Combat™ – Unleash your inner warrior with this 55 minute heart pumping cardio experience. Participants burn an average of 727 calories in one class while engaging in multiple forms of martial arts mixed with energetic music and choreography!

Core & Spine – A collaboration of gentle yoga and Pilates. Core & Spine focuses on strengthening the core and surrounding areas through gentle stretching, strength poses and breathing techniques. Core & Spine is perfect for all levels and is a great compliment to any exercise routine.

Cycle – An exciting indoor cycling class designed to improve your overall cardiovascular endurance.

CxWORX™ – 30 minutes of core conditioning! Instructors will use resistant bands, weight plates and body weight exercises to tone and strengthen our core, hips, butt and lower back. Modifications can be made for all exercises.

HIIT Training – A combination of high intensity interval training with strength and cardio mixed throughout. Based off the popular HIIT style this class will guarantee a full body workout using dumbbells, resistance bands, body bars and your own body weight. Classes are built around cardio intervals using active rest with encouraging and fun music. Don't let the name scare you! This class targets all fitness levels and encourages participants to work at their own pace.

Interval – A class that combines strength and cardio all in one. Experience strength exercises utilizing dumbbells, barbells and your own body weight with cardio intervals mixed throughout. If you like tabata then try Interval and experience a class that will leave you feeling accomplished.

R.I.P.P.E.D™ – Experience this total body "plateau proof" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Tabata – An innovative class that combines total body strength exercises using free weights, body bars and resistance bands with heart pumping cardio intervals. This class is for all levels of fitness and guarantees an energetic, challenging and fun time!

Total Strength – is a highly efficient, full-body weight training workout program that strengthens all major muscle groups while using motivating, up-to-date music. This barbell program caters to all fitness levels by keeping it simple with athletic movements such as squats, lunges, chest presses & bicep curls.

willPower & grace™ A strong full-body **barefoot** cardio workout that strengthens and tones your entire body, while improving balance & flexibility—all the way down to your FEET. Challenging to athletes and welcoming to newcomers.

Senior Fit – Participate in this 45 minute class to improve strength, flexibility, balance and coordination. Senior Fit provides a modified workout that will fit your exercise level!

Y- Body Cuts – Take toning to the next level in this 60 minute total body workout. Y-Body Cuts uses resistant cables, medicine balls, dumbbells and barbells that can be adjusted from 5-100 lbs, allowing for appropriate weight selection for all participants. This class focuses on strengthening all major muscle groups in a fun and choreographed way. No matter what level, Y-Body Cuts promises to maximize your workout and help you achieve your ultimate fitness!

Y-Fit – A cutting edge fitness program that uses plyometrics, Olympic lifts, endurance drills and combines them into one routine. This class will help you shed body fat, increase energy, speed up your metabolism, and help you explode through your fitness plateaus! YFIT will challenge every aspect of fitness and the workouts are always different which allows your body to never adapt. Don't let time be your excuse. Each Y-Fit class normally lasts 45 minutes or less. Join the Y-Fit movement to experience the results!

Yoga – Free your spirit, calm your mind and stretch your body through a variety of styles. Practice motions to increase your strength, balance and flexibility, while focusing on form, breathing and serenity within yourself.

Zumba™ – is a fitness program inspired by Latin dance. It is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout. We want you to work out, to love working out & to get hooked. For all fitness levels.