

## **BULLDOG X CLASS DESCRIPTIONS**

**Bootcamp Abs:** Sculpt your core in this 30-minute challenging, express toning class.

**Strength:** This full body workout is designed for all fitness levels to target major muscle groups through strength training. We will use a variety of equipment including weights, resistance bands, body bars, BOSUS and more!

**Power Surge:** A high intensity, easy to follow, continual cardio workout with frequent 1-minute power surges to focus on strength, power, and endurance. Cardio component followed by core work & toning.

**Step and Sculpt:** Get your cardio and strength fix with this mix of step combo's, cardio intervals and full body toning exercises.

**Interval 30:** Interval training. Join us for a class that is sure to get your heart pumping! You will enjoy short bursts of high-intensity cardio movements and strength training that will keep your heart rate high the entire class.

**INSANITY®:** Join us for this high intensity interval class that will help improve your endurance, strength, balance, coordination, and agility. This class uses your own body weight to give you a total body workout.

**Kickboxing:** Come check out our NEW kickboxing studio! Integrate punches, kicks, plyometric drills, body weight exercises and intervals into this high intensity cardiovascular workout. No boxing experience required. Wraps and gloves provided.

**TRX:** NEW!! Suspension-type training workout that increases total-body flexibility, promote mobility and stability and develop core strength. This class focuses on technique, flexibility, balance, and strength.

**Hip Hop:** This class takes hip hop to a whole new level – a fun, upbeat workout that is guaranteed to get your heart rate up and sculpt your body. With energizing music and motivating instructors, you won't want to stop dancing. Rhythm not required.

**Cardio Dance:** Join us for a dance class where you will constantly be moving to the rhythm of the music while keeping your heart rate high! This class combines fun dance moves with fast paced cardio movements.

**Zumba:** Ditch the treadmill and join the dance party! This Latin- inspired workout includes fun and easy to follow moves to keep your heart rate pumping and your smile big.

**Barre:** class incorporates Pilates, ballet, and yoga techniques into a muscle-sculpting workout with exhilarating cardio bursts. You will define and challenge your body in a whole new way. With upbeat music to energize and keep you moving, you'll leave class with a smile on your face feeling strong, sweaty, and motivated. No previous dance experience needed.

**Yoga:** Connect your body, mind and spirit in this yoga class meant for all fitness levels. You will experience a combination of breathing exercises, flexibility, balance and relaxation techniques.

**Aqua Pump:** Tone and sculpt your entire body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

## **CYCLING DESCRIPTIONS**

**Cycle:** A heart pumping, high intensity cardio workout that will include climbs, sprints, jumps, intervals, endurance rides and fun on the bike! This class is designed for all fitness levels, no previous experience needed.

**Cycle Bootcamp:** If you need extra motivation to get moving, then Cycle Bootcamp is for you! This class includes a full body workout from the bike to floor exercises. Our coach is experienced in many different bootcamp styles and will motivate you through the entire workout!