



# 2016 Fit-X Fitness Group Fitness Class



## **Classes are grouped by format and listed in alphabetical order.**

Some class types have multiple names for the same description.  
We don't mind creating a customized class name just for you.  
Formats may also be combined to create unique fusion classes.  
All classes can be made suitable for all fitness levels.  
Instructors provide modifications to allow for a safe workout environment.  
Classes may also be level coded upon your request

## **Class Level Codes**

Classes can be more coded for more than one class level.  
Class level coding is optional information we can add to your class descriptions.  
This is a great option for locations that provide several class options.

- Level 1 (L1)** All fitness levels welcome including beginners who have not been exercising or are new to this format and who have no serious pre-existing physical/medical conditions.
- Level 2 (L2)** Appropriate for intermediate to advanced exercisers who have been active 2-4 days per week on a regular basis and who have no serious pre-existing physical/medical conditions.
- Level 3 (L3)** Appropriate for advanced exercisers who have been 3 or more days per week

## **NER Classes - No Equipment Required.**

These are classes that can be taught with out equipment, but may use equipment where/when available.  
These classes are perfect options for venues with limited fitness resources.

## **More Information You Need to Know**

Descriptions are a general over-view of class.

Each class may vary based on location, instructor, and participant needs.

Some formats are only available where facilities or format specific equipment is available

Premium classes include formats that fall in to the mind/body practice and specialty formats like Zumba and specialty branded programs.

Pricing is based on 45-60 minute class running times.

Back to back 25 minute and 30 minute classes are taught by the same instructor and billed at the 45-60 minute class rate for that category.

Services are billed monthly for only the # of classes conducted within each month.

We secure a certificate of additionally insured for each service location.

A proposal or service contract will be sent upon request.

Quoted prices are valid with an annual contract.



# Aqua Classes

	<p><b>Aqua or Aquafit or Water Aerobics or Water Fitness</b></p> <p><i>*Premium Class</i></p>	<p>Cardio movements combined with resistance training in a fun and refreshing aquatic environment. Enjoy the ultimate in non-impact pool exercise!</p> <p>Include lap swimming, water walking, water jogging and invigorating non-impact deep-water exercises.</p>
	<p><b>Aqua Zumba</b></p> <p><i>*Premium Class</i></p>	<p>Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.</p>
	<p><b>Deep Water</b></p> <p><i>*Premium Class</i></p>	<p>Includes lap swimming, water walking, water jogging and invigorating non-impact deep-water exercises.</p>
	<p><b>SwimFit</b></p> <p><i>*Premium Class</i></p>	<p>New to swimming and looking to add it to your workout routine? Seasoned swimmer? Training for a triathlon? Get a coached swim workout tailored to all participating levels in our beautiful lap pool! *For best workout, please wear goggles &amp; swim cap.</p>
	<p><b>Yoga Aqua Terra</b></p> <p><i>*Premium Class</i></p>	<p>A lower intensity, slower paced class with many modifications offered to accommodate limitations and energy levels. A portion of class will get in the water to increase our resistance while still having a low-impact workout.</p>



# Cardio - Strength Classes

	<p><b>Barre Method or Bar Conditioning</b> *Premium Class</p>	<p>Use weights and a combination of high intensity sequences at the bar or with a balancing tool.</p>
	<p><b>B.E.S.T.</b></p>	<p>Balance, Energy, Strength and Training  NER</p>
	<p><b>BodyShred™</b> *Premium Class</p>	<p>S ynergistic H igh Intensity R esistance E ndurance D ynamics SHRED describes the primary elements you'll demand of your body each time you participate in a JILLIAN MICHAELS BODYSHRED™ class. JILLIAN MICHAELS BODYSHRED™ is a high intensity and endurance based 30 minute workout. The whole experience will take 45 minutes – 15 minutes class pre-view before class to go over movements for the class. Utilizing Jillian's 3-2-1 interval approach: 3 minutes of strength 2 minutes of cardio 1 minute of abs You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.</p>
	<p><b>Bootcamp</b></p>	<p>A balance of cardio, resistance training and functional flexibility with high intensity sport drills that include plyometric movements.  NER</p>
	<p><b>Cardio Interval Sculpt or Full Body Interval Training or Master Sculpt</b></p>	<p>A creative balance of strength and cardio using hand held free weights, your own body weight and high intensity cardio drills.</p>
	<p><b>Circuit Training or In Gym Circuit or Ultimate Conditioning</b></p>	<p>A fast-paced workout where participants rotate through different strength, cardio and endurance stations for a sweat dropping, hard-hitting workout.</p>
	<p><b>Core Focus or Core Conditioning</b></p>	<p>Focus on your Core Strength and Stability. This class will have a variety of exercises to target your core and create long/lean muscles. Please bring a mat for this class, there will be floor work involved.  NER</p>



# Cardio - Strength Classes

	<p><b>Cross Fit-X Training</b></p>	<p>A high intensity fat-burning workout that consists of the use of free weights, Tabata training, (See Tabata description for more details) as well as plyometric movements and drills that are sure to fire up anyone's metabolism.</p>
	<p><b>Fit-X 360</b></p>	<p>An insane high octane total body workout including cardio inferno, power packed plyometrics movements and pumped up resistance reps.</p>
	<p><b>Fit-X MaxBURN or Beach burn &amp; Interval training</b></p>	<p>High intensity circuits that challenge your endurance and strength.</p> <p>NER</p>
	<p><b>Glutes, Abs, Legs</b></p>	<p>Focus in the toning of the gluteus maximus, abdomen, and legs for muscle toning and definition.</p> <p>NER</p>
	<p><b>Hard Core or Ab Blast or Back and Abs</b></p>	<p>Learn how to properly and effectively train your core for a sleeker middle while working your entire body.</p> <p>NER</p>
	<p><b>Insanity®</b> <i>*Premium Class</i></p>	<p>This revolutionary cardio-based total-body conditioning program is based on the principles of MAX interval training. INSANITY® pushes the participants to new training heights, resulting in more calories burned, faster results and more efficient metabolism. This interval training is the pinnacle of cardio training. You don't have to be in extreme shape - levels of each exercise are provided.</p>
	<p><b>Kettlebell</b></p>	<p>Ballistic exercises that combine cardiovascular, strength and flexibility training with use of a kettlebell.</p>
	<p><b>Kickboxing</b></p>	<p>Improve your endurance and cardio fitness. Learn how to jab, hook, uppercut and kick your way to a tone body and a lean physique.</p> <p>NER</p>



# Cardio - Strength Classes

	<p><b>Kids Fitness</b></p>	<p>Most of these formats can be altered to be suitable for children of different age groups. Ages and guidelines for class can be determined by location. Parents are welcome to attend to make it a family affair. NER</p>
	<p><b>Master Cut or Target Training or Sculpt &amp; Tone or Shock Body</b></p>	<p>Use body weight, small equipment and more to target and sculpt each major muscle group. <i>Come for one or both sessions.</i></p>
	<p><b>Outdoor Cardio Blaster</b></p>	<p>A combo of walking, running and strength training to burn tons of calories. Try something new and take your workout outside. NER</p>
	<p><b>P90X</b> <i>*Premium Class</i></p>	<p>Total body strength and cardio class that will help you bust through fitness plateaus. It has the ultimate variety to keep your body guessing and the gratification to keep you coming back for more</p>
	<p><b>Resistance Band Workout</b></p>	<p>A total body workout using resistance bands to strengthen the body.</p>
	<p><b>Synergy 360</b> <b>**Equipment Specific</b></p>	<p>Meet the Synrgy 360 by LifeFitness. A revolutionary concept providing limitless opportunities to train smarter, better, and more effectively. It's a full-service training nerve center that can be tailored to serve the broad scope of exerciser goals.</p>
	<p><b>Tabata Circuit</b></p>	<p>A combination of weight training and cardio circuits done in Tabata style intervals. Tabata is short, intense workouts that provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.</p>
	<p><b>Total Body Bosu</b></p>	<p>Engage both small and large muscle groups at the same time for a more thorough and complete workout. The BOSU Fitness Classes are all about using both sides of your body, so your glutes, hips, thighs, upper body and core will be worked.</p>



# Cardio - Strength Classes

	<p><b>Total Body Conditioning</b></p>	<p>Get your total body fit with a variety of exercises, using weighted or elastic resistance and/or body weight. Expect to feel the difference!</p>
	<p><b>Triad</b></p>	<p>Equal parts cardio, resistance training and functional flexibility with high intensity moves (and can include other features and name twists, such as Boot Camp, Kickbox, Sports Drills or Strength Training. ) NER</p>
	<p><b>TRX</b></p>	<p>Total body suspension training that sculpts, strengthens and tones.</p>
	<p><b>Turbo Charged Tabata</b></p>	<p>These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. NER</p>
	<p><b>Turbo Kick</b></p>	<p>Each full body workout consists of a sport specific warm up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool down designed to maximize results. NER</p>
	<p><b>Walk/Run Workout</b></p>	<p>Warm up, walk/run and conditioning on the trail. Learn how to power up your walk or run for maximum calorie burn. NER</p>
	<p><b>Zone</b> **Equipment Specific</p>	<p>It's a total body fitness jungle gym. Stamina, Strength, HITT, Conditioning Core and much much more! Take one or both 30 minute segments.</p>



# Mind - Body Classes

	<p><b>Fit-X YogaMAX</b> *Premium Class</p>	<p>A fusion of hatha yoga asanas and traditional strength training exercises using light hand weights, body bars, static weighted bars, and/or elastic bands. This class is for those that are looking for a more aggressive and challenging yoga practice that will encourage muscular strength, endurance and core stability.</p> <p><b>YogaMax Xtreme:</b> Kick it up an extra notch for your advanced exercisers</p> <p><b>YogaMax w/ TRX:</b> Add resistance training to deepen the stretch</p> <p><b>YogaMax + Spin:</b> Add some cardio into your yoga practice</p>
	<p><b>Long and Lean</b> *Premium Class</p>	<p>A fusion class that will strengthen and lengthen the body. This class blends ballet, yoga and pilates to burn calories and get strong in 30 minutes.</p> <p>NER</p>
	<p><b>Mat Pilates</b> *Premium Class</p>	<p>Designed to streamline your body using your own body weight to increase muscle, gain flexibility, obtain balance and increase core strength doing a series of challenging movements. Sure to fire up the metabolism. NER</p>
	<p><b>PiYo©</b> *Premium Class</p>	<p>PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. NER</p>
	<p><b>Yoga</b> *Premium Class</p>	<p>Strengthen and lengthen with innovative yoga poses.</p> <p>NER</p>
	<p><b>Yoga Core</b> *Premium Class</p>	<p>Based on hatha yoga, it blends balance, strength, flexibility and power with core focus.</p> <p>NER</p>
	<p><b>Yoga Gentle or Gentle Stretch</b> *Premium Class</p>	<p>A lower intensity, slower paced class with many modifications offered to accommodate limitations and energy levels.</p> <p>NER</p>



# Mind - Body Classes

	<p><b>Yoga Hike</b> *Premium Class</p>	<p>Yoga hiking; enlightenment while hiking. It's health training, stress reduction, and inner happiness rolled on to one. Vigorous hiking segments sprinkled with inspiration and standing yoga pose intervals. NER</p>
	<p><b>Yoga Power</b> *Premium Class</p>	<p>A flowing series of heat building poses designed to strengthen your cardio system, improve balance and flexibility. NER</p>
	<p><b>Yoga/Pilates Yogalates or Mind/Body Fusion or Pilates Fusion</b> *Premium Class</p>	<p>A fusion class that incorporates core pilates movements with the lengthening, stretching and compression elements of yoga to create a powerful workout. NER</p>
	<p><b>Yoga Walk</b> *Premium Class</p>	<p>Yoga walking; enlightenment while walking. It's health training, stress reduction, and inner happiness rolled on to one. Vigorous walking segments sprinkled with inspiration and standing yoga pose intervals. NER</p>
	<p><b>Zen Yoga</b> *Premium Class</p>	<p>Improve flexibility, stability, and total body strength. Use breathing techniques for energy and stress relief. NER</p>



# Spin Classes

	<p><b>Spin or The Ride</b></p>	<p>Ride for optimum in fat burning and strength. This class is for the beginners as well as seasoned cyclists! Use tension, speed and various positions on the seat to make this a work out tough and fun! Reservations typically required because of limited number of bikes available.</p>
	<p><b>Spin Circuit</b></p>	<p>If you like Spinning and you like Strength/Core Training then this class is for you. The class will split between working on a spin bike and strength/core exercises. It covers cardio vascular fitness and muscular strength and endurance in one big hit!</p>
	<p><b>Spin Plus Abs</b></p>	<p>Add an Ab workout to your spin training for an excellent core workout.</p>
	<p><b>Pump and Pedal</b></p>	<p>Push your body and take your workout to the next level with this spin and strength combo.</p>
	<p><b>Zen Spin</b> <i>*Premium Class</i></p>	<p>The perfect blend of 30 minutes on the bike followed by a series of Yoga or Pilates.</p>



# Zumba Classes

	<p><b>Aqua Zumba®</b> *Premium Class</p>	<p>Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.</p>
	<p><b>Cardio Pop Dance or Dance Cardio</b></p>	<p>A high/low cardio dance class featuring a variety of dance styles topped off with a Barre type conditioning. Enjoy current pop and hip hop tunes as you learn dance moves you can show off.</p>
	<p><b>Zumba®</b> *Premium Class</p>	<p>Burn calories and have fun with Latin inspired dance moves suitable for all. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.</p>
	<p><b>Zumba Gold®</b> *Premium Class</p>	<p>Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Enjoy easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.</p>
	<p><b>Zumba Toning®</b> *Premium Class</p>	<p>The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!</p>