

## Group Fitness Class Descriptions

**Barbell Blast** - A high energy choreographed barbell class. Try it for a total body strength training workout.

**Booty Blast** – The perfect class for the junk in your trunk! This class is about firming, toning and lifting those glutes and thighs. Core and upper body mixed in with light cardio.

**Burn** – An all-inclusive, high octane class with cardio, weights and core training.

**Cardio Kickboxing** – Strike, kick, punch, jab, crunch, squat, jump, run...you get the idea. This class pretty much knocks out your muscles but leaves you feeling like a fighter!

**Intro to CrossFit** – Learn the fundamentals and proper technique of CrossFit.

**KidFit** – A variety of exercises and activities to keep the kids moving! This class usually includes their favorite activity at XTC – a few laps around the multi-level track! Ages 6 & up.

**Power Hour** - High intensity workout with short blasts of cardio. Uses barbells, dumbbells and body weight for a full body fitness experience.

**Precision Toning** - A unique combination of movements designed not only to strengthen your core but to tone the entire body. The goal is to create balance where there is imbalance.

**Revamp** – An innovative approach to weight training. A full body workout, involving interval cardio work and strength training.

**Spinerval** – A fun mash up of classes – ½ Cycle ½ Interval training!

**Power Hour** - High intensity workout with short blasts of cardio. Uses barbells, dumbbells and body weight for a full body fitness experience.

**Yoga** - Improve overall well-being. Gain flexibility, balance and strength. For all fitness levels from beginners to advanced yoga practitioners. **Gentle Flow Yoga** is a bridge between moving in flow and staying stationary. It is a midway, where there is equilibrium and bliss in every pose. **Yin Yoga** calms and balances the mind and body. It reduces stress, increases circulation and improves flexibility and joint mobility.

**Zumba** – Party your way into shape with this Latin inspired, calorie burning dance fitness party! Caution...may cause contagious shakin'!!!