

Bay Athletic Club Group Exercise Class Descriptions

KIDS: (\$2.00 per class)

Kids Creative Movement: A wonderful way to get your toddler/preschooler leaping, jumping, and twirling in a group setting. Unleash creativity. **Ages 18 mo to 4.**

Challenge Course: New challenge/obstacles using team work and a fun course of various fitness drills for kids. Parents welcome to participate. **Ages 6-13.**

Kid Kickboxing: Kickboxing and athletic drills a great way to get kids moving and having a blast. Parents welcome to participate. **Ages 6-13**

ADULTS:

BACK in Action: This 3 week clinical course is taught by a physical therapist. You will learn stretching and strengthening exercises for your core and back to help alleviate back pain and chronic symptoms associated with disc problems, weakness, poor posture and sciatica. **Cost: \$25/3-week class. Sign up at front desk. Space is limited.**

Boot Camp Reunion Workout: Calling all former bootcampers!! Be prepared to battle the beach and join us in a traditional boot camp workout!

Balletone: Traditional ballet meets Pilates and Yoga in a flowing, fun workout that doesn't require a leotard and tights! Barefoot training. All levels welcome.

BOSU Interval: Enjoy this 45 minute upper and lower body workout on the BOSU. Sure to raise your heart rate, sculpt your body, and shed some calories!

****Bikes are limited. Sign up at front desk. A \$2.00 fee applies. NEW: Pre-pay is required!!**

****Special Event** Cycle Endurance:** This 2 hour high energy cycling class will challenge your endurance taking you through trails, hills and valleys!

Cycle/Stretch: A great cycling workout blended with core strength and flexibility moves to end the workout. Great for all levels.

Cycle/Strength: This class is a combo of our Cycling and Body Sculpt classes (approx 25 minutes of each). A great way to get a total body workout with a *little* less intensity than a full cycling class. Great for all levels.

Love to Hate Cycle: A high-energy, fixed wheel cycling class that is a favorite of men and women. Great way to enjoy cycling in a group setting. Challenging hill and sprints set to fun music. Tough, but not overwhelming.

HEAT: 30 minutes of high intensity fitness fun! Use a variety of equipment sure to help you burn off those calories and increase your endurance!

Hip Hop: Do you like to dance? Simple dance steps and body movements to fun music to get you moving and grooving! *Sign up at front desk!*

IntensiSHE: High energy workout for total body by doing cardio intervals, strength training, and yoga in the Women's Express Room led by one of our certified personal trainers.

Just ABS!! You'll love it! Discover muscles you never knew you had. Shape your stomach. 30 minute express.

Power PiYo: A strengthening and movement blend of Pilates and Yoga. If you like PiYo, you will love this amped up version!

Power Step/Sculpt: A perfect combination of Power Step and Power Sculpt. Basic moves of cardio and strength pumping it up with intensity.

Sculpt: A weight training class set to music. Sculpting gives the body great shape and helps raise your metabolism so you burn more calories all day long. A great addition to your cardio workouts. *(30 minute express - get in, get out, get back to work!)*

Sculpt on the Ball: Strength training in a new, fun format. 30 minute express.

****Special Event**Spa Day for Women:** Relax and Rejuvenate with yoga, facials and massages. Sign up at front desk today! Space is limited. Additional Cost.

Step it UP: A proven favorite. High energy cardio class with lots of fun combinations.

Step/Glide: A combination of step and resistance training using the gliding discs! Sure to bring you the toning results and calorie burn you're looking for.

Total Body Ball: Cardio intervals and today body strengthening with the use of the ball.

Turbo Kick™: The hottest exercise class around! Sure, it's kickboxing, but it's so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout. Kickboxing at its best. All levels welcome, we include form and technique in every class!

****Special Event** Turbo Kick™ Party:** Join Kiersten and Trina in this Turbo Kick face off! You'll be having a party while kicking, punching, and jabbing those calories away!

Yoga: Balance mind and body, by combining physical poses and breathing. Great way to relieve stress while improving flexibility, balance and strength. All levels welcome.

Young at Heart: This class for seniors is done on a chair or ball, but don't let that fool you! You will improve your heart function, muscle strength and flexibility (Punchcards available for this class only --\$3.00/class)