

## M/Body Fitness

### Class Descriptors

#### Cycle

1. **Tri-Cycle-** “If you can’t do it on a road bike, you can’t do it in this class.”

**Ride FORMAT:** Come ready to sweat! You can expect a menu of hills, speed work, and endurance training based on outdoor cycling principles by developing cycling-specific strength and improving on your power, efficiency, and technique as a cyclist. Be prepared to get the most out of this 45 or 60 minute workout as your cycling coach motivates and inspires you to a new you with a PURPOSE!

**Fitness LEVEL:** All fitness levels welcome. From the determined novice rider, to the intermediate fitness junkie, and the competitive cyclist, you’ll love this class!

2. **Cycle Funk-** “It’s a party on a bike.”

**Ride FORMAT:** Come ready to party and sweat! The latest and greatest songs combined with high energy, fun and INTENSE cycle drills will burn those calories, increase cardiovascular capacity and muscle insurance and strength...without you even realize you are doing it. ‘Cause you’ll be having so much dang fun!

**Fitness LEVEL:** All fitness levels welcome. From the Beginner or determined novice rider, to the intermediate fitness junkie, or anyone looking to have a fun and intense workout, you’ll love this class!

3. **Cycle Fusion-** “The best of both worlds”

**Ride FORMAT:** We’ll drill you. We’ll drive you. You’ll climb. You’ll jam. We will bring the best of pure indoor cycling drills and technique combined with the best of rhythmic riding. It’s all about finding out what speaks to and drives you and then—literally—hanging on for dear life!

**Fitness LEVEL:** All fitness levels welcome. From the Beginner or determined novice rider, to the intermediate fitness junkie, or anyone looking to have a fun and intense workout, you’ll love this class!

#### M/Barre

1. **Basics** - Far from an “easy”-level class, we are just going to break down the formatting and moves of the class to provide an essential base from which you can effectively and purposefully build your barre practice. It is highly recommended that every participant take at least three basic classes to begin their M/Barre practice.

2. **Open Level-** This is a mixed level class. A more advanced version using a wider variety of exercises and longer, more intense exercise sequences. Participants will receive individual instruction based on their level of strength and development.

## **Boxing Fusion**

Boxing classes are one of the most effective methods to lose weight, tone muscles, and improve strength, aerobic fitness, speed, flexibility, coordination and balance. We'll combine bag and mitt work with cardio, agility and strength drills. These classes are incredibly empowering and stress-relieving in addition to being one of the most effective toning and total body workout. Come try one of the most popular fitness trends and kick, jab, cross, hook and uppercut your way to a fitter you!

**Fitness Level:** This workout is designed for beginner to advanced levels of fitness.

## **BootCamp Fusion**

A popular interval training that mixes calisthenics and body weight exercises with cardio and strength training. These boot camps are designed in a way to be different all the time, and push our participants harder than they'd push themselves. We want to keep you guessing - and challenge you differently every class! Although our instructors may push you like a drill sergeant, our goal is to offer encouragement rather than intimidation. We want you to have tons of fun - but please be prepared for some high intensity training!

**Fitness Level:** This workout is designed for intermediate to advanced levels of fitness.

## **Strength Fusion**

Cardio and Strength Blend- Get the best of both worlds! You'll burn fat and challenge your body with this blend of cardio and strength training using a variety of equipment including weights, TRX bands, resistance bands, medicine balls, and much more.

**Fitness Level:** This workout is designed for beginner to advanced levels of fitness.

## **Core Fusion**

This "hardcore" class focuses on strengthening and stabilizing the muscles that make up your core (abdominals, back, hips, glutes, inner thigh). Classes are 30-45 minutes in length.

**Fitness Level:** This workout is designed for beginner to advanced levels of fitness.