

# GROUP EXERCISE CLASS DESCRIPTIONS

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**Abs:** Discover muscles you never knew you had by toning your entire midsection. Shape your stomach without doing endless sit-ups and crunches. (Express – 30 minutes)

**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. (Express – 30 minutes)

**Body INTENSE:** Burn fat and add lean muscle with high intensity workouts featuring cutting edge moves from your favorite Beachbody™ LIVE formats. If you like boot camp style workouts, you'll love this class.

**BOSU/TRX:** Enjoy this 35 minute total body workout on the BOSU and TRX. Sure to raise your heart rate, sculpt your body, and BURN calories!

**CIZE:** It's the End of ExerCIZE as you know it! Learn how to dance, sweat, and burn some serious calories - all while having FUN! Join the MOVEment and #CIZEItUp!

**Combat HIITS:** This low impact class features power cardio combat movements mixed with total body strength work to blast calories and burn fat! Punch, Kick and Sweat in this FUN interval class!

**Core Power:** Your perfect interval class that blends core based strength moves and powerful cardio moves. Your heart will pump, you'll chisel your core, and you'll blast some fat!

**Cycle HIITS & Hills:** This low impact cardio workout takes place at Bay Urban Fitness on a stationary spin bike. You'll incorporate hill climbs and HIITS leaving yourself with a great sense of accomplishment when done. No coordination needed Appropriate for all fitness levels. Pre-sign up is required. Call 989.356.5600 or sign-up at the front desk!

**Cycle/Strength:** Take your cardio workout to the indoor stationary spin bike and then hop off the bike for a full strength set using your favorite strength equipment at Bay Urban Fitness. This total body cardio and strength interval workout will help you take your fitness to a new level. Pre-sign up is required. Call 989.356.5600 or sign-up at the front desk!

**Fat Blasting Intervals:** This class features bursts of cardio and total-body strength to help you blast maximum calories and fat in the shortest amount of time through interval training. Instructors will use a variety of strength and cardio equipment in the studio. All levels are welcome. (Express – 30 minutes)

**Lift & Shred:** This strength training class is for men and women alike. Lift the barbell and throw in some cardio intervals for a full body workout that will have your heart pumping and fat shredding.

**Pilates Express:** This core conditioning mat class is the perfect complement to your fitness routine. Strengthen your abs and back and develop a long, lean look.

**Pilates Flow:** This mat based class will build your core strength, mobility and stability as you flow your favorite Pilates sequences.

**PiYo™ Strength:** Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We'll crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. This class is choreographed and barefoot. All fitness levels are welcome.

**Power Yoga:** Power yoga is more vigorous and fitness-based than traditional yoga. It lays stress on flexibility and strength. All levels welcome.

**Strength:** A weight training class using a variety of equipment and body weight. Strength gives the body great shape and boosts your metabolism so you burn more calories all day long. A great addition to all of your cardio workouts. (Express – 30 minutes)

**Strength Circuits:** Your favorite weight training class but taken to a new level with stations around the room. Circuit through different pieces of equipment while getting a total body workout.

**Sculpt/PiYo:** Your favorite blend of strength training and pilates/yoga. Strengthen muscles to help you tone and blast fat, and finish with core based exercises on a mat to help you build strength & flexibility.

**Simply Fit:** It's FUN to be active at all ages! This low impact, slower paced class will help you improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout.

**Step:** A proven favorite. High energy cardio class with lots of fun combinations using a step bench! Sure to shed pounds and calories.

**Step Intervals:** Your high energy cardio step class in an interval format that is sure to get your heart pumping and calories burning.

**Step/Strength:** Your high energy cardio step class paired with strength intervals are sure to blast the fat and calories.

**TRX™ @ Urban:** This class uses your bodyweight to help you develop strength, balance, flexibility and core stability. You'll use the TRX Suspension to complete hundreds of exercises that will define and chisel your body while burning calories in a total body workout. All fitness levels are welcome and pre-sign up is required.

**TRX™ HIITS @ Urban:** Spend some time on the TRX working on total body strength, and then hop off for cardio HIITS using a variety of other Urban equipment. All levels welcome.

**Turbo HIITS:** 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!

**Turbo/Strength:** Your favorite Turbo songs from Turbo Kick™ paired with strength training intervals to help you sweat and have fun all while burning calories!

**Urban Mix:** This circuit based class at Bay Urban Fitness will have you using a variety of equipment (Kettlebell, TRX, Medball, and BOSU just to name a few) that will have your heart rate up and challenge your fitness. This is a total body strength and cardio based class for all fitness levels. (HardCORE = increased intensity and louder music!)

**Urban Strength:** This strength based class at Bay Urban Fitness will use your favorite pieces of equipment (TRX, Kettlebell, BOSU, Medball just to name a few) to give you a total body strength training workout. Challenge yourself in this class for all fitness levels.

**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. Essential Oils are used in some classes.