

# SRC GROUP FITNESS CLASS DESCRIPTIONS

## SPRING - 2019

**6 Pack Abs-** This 25 minute class is designed to tighten and strengthen your core while sculpting those abs.

**Early Bird Yoga** – A yoga class just for those early risers. Come experience relaxing meditation through a flow of yoga movements and poses.

**Barre-** A toning class that uses the ballet barre and ballet style movements to add a unique twist to your everyday training!

**HIIT** – An interval style workout that will push you to your limits. This class combines cardio & strength exercises to give you a full-body workout.

**Kickboxing** – A great workout for everyone interested in improving their fitness & stamina. This class incorporates punches, kicks and combination moves to help you tone and destress.

**Glute Lab** – Looking for a quick and intense glute + abs workout? This class is designed to target your booty while getting full body cardio and core work at the same time.

**Skulpt & Tone**– Need some variety in your workouts? This high intensity workout is a mixture of both cardio and weight training! Don't miss out on the opportunity to try a variety of equipment while challenging your mind and body.

**Namaste Yoga**– Come to Yoga and experience calm and meditation. This class will consist of a variety of yoga postures that are linked together in a series.

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**Panther Power (drop in class)**– Experience high-intensity, full-body workouts that target the major muscle groups. From circuit-style routines to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant's body weight, each class brings its own unique challenges.

**Rise & Grind** - Looking for something new to start your day on the right track? This high intensity workout will really kick up your morning routine with something new in every class! Don't miss out on the opportunity to try all sorts of new equipment while challenging your mind and body.

**Simple Yoga-** Perfect for releasing stress and tension after a long day. Refocus your mind and body with the help of power poses, deep stretching, and meditation.

**Spin & Tone-** Reach maximum fat burn by incorporating both cardio and strength training into a single class. Experience intense spin bike training as well as full body toning for a complete high intensity workout.

**Power Hour-** Short on time but need a great workout? This workout will test your limits to achieve unparalleled results.

**WERK!** - If you are looking for a fun class, this is it! This class combines the fun nature of dance with cardio and toning. You'll never even know you're working out!

All group fitness classes are **FREE** and open to **ALL** fitness abilities.  
Join us today to jumpstart your health!