

BUILDING BODEEZ GROUP FITNESS

AerobaDANCE**

Ease into fitness with light tunes from the past 50 years and current TOP 40! Utilize simple movements that build aerobic endurance and ensure stress relief, with moderate resistance training to boot!

MILD to MODERATE INTENSITY

ZUMBA®

Join the world's hottest craze in fitness! Enjoy this guaranteed "FEEL HAPPY" workout using cumbia, merengue, salsa, reggaeton, and more! Laugh, sweat, and dance all at the same time. Come once, **YOU WILL BE ADDICTED!** ZumbaTOMIC® (for kids 4-12yo) also available) **upon request.** DITCH THE WORKOUT – JOIN THE PARTY!™

MODERATE to HIGH INTENSITY

ZUMBA GOLD®**

A variation of Zumba Basic® geared towards the older client or Zumba beginner that utilizes basic movements for a fun, full body workout.

LOW to MODERATE INTENSITY

CARDIO STEP (Variations)

It's time to kick it in to high gear. Full body workout with zone training and use of patented "STEP" for added isometric difficulty. Heart pumping music and heart pumping routines!

MODERATE to HIGH INTENSITY

SPINNING®**

Use of SPINNER® cycling bikes in dedicated SPINNING® area. Turn the lights down low, crank the music and "roll" as you "hit the road" and pump out a killer workout!

Strength: **MODERATE to HIGH INT.**

Endurance: **MODERATE to HIGH INT.**

Interval: **MODERATE to HIGH INT.**

RACE DAY: **HIGH INTENSITY**

Interval PRO: **HIGH INTENSITY**

"LOW": **LOW to MILD INTENSITY**

INTENSITY Ultimately CONTROLLED BY PARTICIPANT

CORE

Learn the abdominal with a full body workout. Focuses on spinal fluidity, balance and kinetic awareness of abdominal movement.

MODERATE to HIGH INTENSITY



VARIETIES**

fundamentals of strength training

CARDIO KICKBOXING

Feel the fury? Learn to punch it out! Highlights full body workout with moderate to high intensity agility drills, lunges, kicks, punches and more! Exciting music and 'no fuss' workout gets you ready for the battle.

MODERATE to HIGH INTENSITY

Silver FITNESS

Class for senior citizens focusing on range of motion, light aerobic exercise and coordination, balance and posture.

LOW to MILD INTENSITY

HOT POWER YOGA

Intermediate Yoga to strengthen body, improve flexibility and endurance, and induce an invigorating workout at increased room temperature!

MODERATE to HIGH INTENSITY

POWER SCULPT AND STRETCH JUMP STRETCH® & BAND CAMP**

Use of Jump Stretch resistance and stretch bands to sculpt the entire body in a controlled, workout that focuses on power and agility as well as joint sports specific range of motion. Utilizes personal trainer guided static stretching with patented FlexBands!

MODERATE to HIGH INTENSITY

Maxx Out**

Combination of aerobic activity and resistance training which amps up your workout routine and chisels your entire body with use of alternating dumbbell sets and mats!

MODERATE to HIGH INTENSITY

Yog-ilates**

Intermediate Yoga combined with Pilates to increase body awareness, alignment, and core toning.

LOW to MILD INTENSITY

BOOT CAMP

Plyometric style class format, designed to tone and condition the entire body in a "drill sergeant" but non-intimidating atmosphere! Some classes held at 6am for those waking up for a CRUSHING morning workout!

MODERATE to HIGH INTENSITY

BODEEZ ON THE BALL

Circuit style class utilizing functional training to complete a full body, dynamic workout with a physioball for support and proper technique. Blast through plateaus and tone your entire body!

MODERATE to HIGH INTENSITY

CARDIO DEFENSE

Karate-inspired technique class focusing on body control, personal defense, and serenity with a cardio component that will prove challenging, but rewarding.

MILD INTENSITY

ABSOLUTE ABS IN 30

Get in, get moving, get going. Focus on CORE exercises designed to enhance abdominal strength and control, in only 30 minutes. We move fast...but efficient.

MILD INTENSITY

**=Excellent class for clients requiring instruction to prevent injuries or pregnancy r/t complications.