

# CLASS DESCRIPTIONS

## BELLINGHAM ATHLETIC CLUB

**AEROBIC POWER CHALLENGE** – A great aerobics class combining several forms of cardio as well as some weights and core work.

**ATHLETIX\*** - Sculpt and train your body like an athlete. Mark's new class burns fat and delivers a strong athletic body. High intensity exercises based on power, endurance, strength training, and a strong emphasis on a strong core. Be prepared to sweat and test your willpower!

**BODY BLAST/BLITZ** - Energetic, fast-paced workout that meets all your fitness needs. All levels of fitness—includes cardio intervals & strength training stations to boost metabolism, sculpt muscles & relieve stress. Time flies & you will leave feeling exhilarated.

**BOOT CAMP** - A results based conditioning program, conducted indoors & outdoors, utilizing military style format coupled with the most innovative & creative exercises in fitness. Workouts include cardiovascular, speed and endurance, partner resistance, strength training & more. If you think you need a kick start, this class is for you!!!

**BOSU BODY BURN** - You will get a challenging full-body workout & build endurance & coordination with Bosu intervals. Intended for all levels of fitness. Healthy ankles required.

**CARDIO MIX** – an aerobic workout to increase cardiovascular fitness and stamina, combined with various conditioning exercises to tone and trim those problem areas.

**CYCLE & CORE** - Interval Cycling with core work. This will help participants with their cardiovascular endurance, core strength, posture, and injury prevention.

**CYCLING INTERVAL** - Designed for cycling enthusiasts & other athletes looking to improve their cardiovascular & cycling skill level. Bike tensions can be set to accommodate all fitness levels. Some upper body toning is also incorporated. Grab your water bottle & get ready to sweat!

**GENTLE YOGA** - A gentle approach to learning the yoga postures using props and careful alignment/adjustments for each student.

**GRAVITY\*** - GTS Gravity uses an individual's body weight as resistance, utilizes a cable and pulley system and free-motion glideboard. Adjustable to nine different levels of resistance, the machine engages all major muscle groups and facilitates more than 250 strength training, stretching and Pilates exercises. Space is limited to 4 participants for 45 minute classes.

**JAZZERCISE** - This is the fitness format that started it all! The choreography

is fun and easy to follow, set to all kinds of music - Hot 100, hip hop, country, jazz, funk, r&b, swing, classics. The class runs 55-60 minutes and includes a warm up, 30 minute aerobic segment, muscle toning and strengthening on the floor (weights optional), stretching and cool down.

**LOW IMPACT BOOTCAMP** – All of the intensity and variety of an effective bootcamp workout without high impact or jumping exercises.

**MOMMY & ME\*** - This fitness class is for moms and their babies from newborn up to 5 months of age. This is a great opportunity for new moms to get out, get back into shape and meet other moms, while including their babies in their fitness routine. Elizabeth Thorndike, a Pregnancy-Fitness specialist, is the instructor for this class.

**PILATES** - This class is designed to work your powerhouse muscles - abs, lower back, thighs, and buttocks. The discipline emphasizes correct form to help develop strength, flexibility, muscular endurance, coordination, balance, & good posture. Designed for all levels.

**PILATES FUSION** - Pilates based with influences of Yoga and Dance. This class may include the use of small balls and foam rollers to increase muscle length and stimulation.

**POWER PUMP** - BAC's barbell training group exercise class. You'll love the music & motivation while you squat, curl, and press for maximum calorie burning & body reshaping. Intended for all levels & designed to guarantee results.

**PLUS (+)** - Same format as Power Pump but injected with high energy intervals to challenge your cardiovascular system, burn more calories, and reach new goals

**PUMP & JUMP** - Same format as Power Pump but with the added bonus of cardio intervals between weight sets to really get your heart pumping!

**RETROFIT** - Moderate-paced, low-impact class designed for people who are comfortable with basic choreography. Focus is on simple movements. This is a great starting class for all ages, beginners and members coming back from rehab injuries.

**RIPPED** – The One Stop Body Shock! Resistance, Intervals, Power, Plyometrics, Endurance and Diet. A total body workout that's highly effective and intense. This workout requires the body to respond to a constantly changing format and offers ultimate results in minimal time. It's athletic based and a perfect class to get out of a plateau from repetitive workouts. A fitness formula for an intense workout that squeezes all the best elements of fitness into an hour.

**RISE & SHINE BOOTCAMP** – An early morning bootcamp that takes place in the aerobics studio. uses a variety of all the studio equipment, cardio, and weight exercises.

**STEP** – High energy, heart pumping classes uses step choreography to keep

you moving and grooving to the beat of the music.

**STEP FREESTYLE** – A class for all levels of fitness and sports enthusiast. Class includes cardiovascular endurance, interval training, functional movement and muscular strength and endurance work.

**STEP/STRENGTH** - Start your day out right with this fat burning, muscle toning, keep it moving class! Combine step/cardio with toning and conditioning, often using hand weights, bands, and weighted bars.

**STRONG & STABLE** - a moderately-paced strengthening and balance exercise class for adults. Every class features exercises to increase balance, mobility, and strength in order for you to continue enjoying an active and fulfilling lifestyle.

**TACFIT\*** - Tacfit is an intense 30 minute functional training class. It is a circuit based class that has varying levels of intensity to meet the needs of almost all levels of fitness. All exercises are chosen and arranged in such a way to improve body awareness, joint mobility, cardiovascular endurance, and strength.

**TRX\*** - The TRX Suspension Training system is a lightweight, all in one piece of equipment that is quickly becoming the ultimate way for people to "functionally train." Train multiple muscles at once, in multiple planes of movement, for a workout unlike anything you have ever experienced. TRX participants will see improved core stability, muscular strength, muscular endurance, flexibility, and overall body mobility.

**VINYASA YOGA** – A Vinyasa style class which connects one asana (posture) through the breath, with the next. This is a challenging class and it is recommended that you have at least six months yoga experience prior to attending the class.

**WEIGHTS FOR WOMEN\*** - Get the benefits of a personal training session in a dynamic group atmosphere! Our Weights for Women program runs throughout the year. Sessions are two days per week for 45 or 75 minutes. For more information and start dates, please contact the front desk.

**YOGA LEVEL I** - Alignment based yoga working towards balance, strength & flexibility, giving mobility & structural integrity. Welcome all who are healthy and injury free.

**ZUMBA** – This dance based aerobics class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba participants achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**\*= INDICATES PRE-REGISTRATION REQUIREMENT AND ADDITIONAL FEE (VARIES BY CLASS)**