

ENCOMPASS FITNESS MARLBOROUGH

CLASS DESCRIPTIONS

Muscle

BODYPUMP - for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

CHISEL - this class is all about building strength and utilizing a variety of equipment to sculpt and chisel all the major muscle groups. Plus...no cardio!

Cardio

STEP - with a portable platform with height adjustable risers, you will do choreographed exercise routines up, onto, down and around the step for great cardio fitness, as well as exceptional training to shape the lower body. Your coordination will be tested at times! If you want strong legs, a lifted butt and a functionally fit core – step this way!

SPIN - an individually paced indoor cycling class. This is a great cardio workout for all fitness levels because you control your own resistance. Please bring a small towel and water.

Cardio/Muscle Combo

BOXING - taught by a competitive boxer, this class is filled with boxing technique, self-defense moves, and 3 minute intervals of sparring, athletic moves and heavy bag drills. A great workout for all levels.

TRIFECTA - this class incorporates 3 - 20 minute segments. 20 minutes of floor aerobics, 20 minutes of step and 20 minutes of weights make this class a great total body workout. All fitness levels welcome.

SHRED - a mix of cardio and weight training, this class is a complete one stop workout. This class utilizes a variety of equipment and cardio exercises to give you a one of a kind workout each week.

POUND - Using lightly weighted drumsticks engineered specifically for exercising, this exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

High Intensity

TABATA - blast fat and strengthen your entire body with the workout fitness experts have been raving about. Tabata features 20 seconds of extreme exercise followed by 10 seconds of rest, repeated eight times without pause. With full intensity of execution you'll be guaranteed results.

BOOTCAMP - this circuit-style workout includes cardio as well as muscle conditioning drills for a total body workout.

STRONG by ZUMBA – combines high intensity interval training with the science of Synced Music Motivation. In every class music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.

Mind/Body

YOGA - an athletic yoga class that tones muscles, increases flexibility and reduces stress with a combination of stretching, breathing and holding of poses. You will improve strength, flexibility, balance and posture. Experience the mind/body connection that is also a challenging workout.

YOGALATES – the perfect combination of yoga and Pilates. This class takes the strength and flexibility exercises of yoga and combines them with the core tightening and strengthening of Pilates.

BARRE - this class fuses yoga, Pilates and ballet techniques to create an athletic full-body workout that will shape leaner, longer muscles without the bulk. This class focuses on the essentials: alignment, form and safety - with limited cardio and minimal props.

PILATES – improves flexibility, builds strength and develops control and endurance in the entire body. This class puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance

Dance

ZUMBA - pure fun, easy to follow dance routines. A mixture of Latin and international music and dance steps create this class. Unique, new and effective workouts will keep you burning calories and toning your whole body. All fitness levels welcome.

ZUMBA STEP – a maximum-results workout. Learn how to blend step aerobics with the fun and effective Zumba program for a workout targeting legs, glutes and core.