

## ENCOMPASS FITNESS MARLBOROUGH CLASS DESCRIPTIONS

### MUSCLE

**BARRE** – This class combines the elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the Barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

**BODYPUMP** - 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 this 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!

**PIYO** - Combine muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. Then crank up the speed to deliver a fat burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**TRX STRENGTH** - Developed by Navy SEALs, this Suspension Training bodyweight movement develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance-training tool that leverages gravity and the user's body weight to complete 100's of exercises. This 45-minute class is suitable for all fitness levels and combines suspension training exercises with other body weight and equipment driven movements to create a full body workout that is unlike any other.

### CARDIO

**CARDIO SCULPT** - This 45 minute total body workout balances muscle toning and strengthening with intervals of cardio to increase overall calorie burn. Suitable for all fitness levels.

**STEP** - Using the portable adjustable step, challenge your cardio endurance and create muscular strength in this full body choreographed workout. For strong legs, glutes 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. New spinners should arrive 15 minutes early for setup.

### DANCE FITNESS

**ZUMBA** – This fitness program combines Latin and international music with dance moves. Routines incorporate interval training — alternating fast and slow rhythms — and body weight resistance moves. Suitable for all levels.

**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.

### CARDIO/MUSCLE COMBO

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

**CARDIO HIIT CIRCUIT** – This 45 minute HIIT class combines high intensity interval training with muscle conditioning circuits. Using various cardio and circuit machines on the gym floor, you will be pushed to your limits and left with a full body workout that burns major calories.

**CYCLE SCUPLT** - A great combination of cardio and weights all in an hour class. This high intensity spin class is music driven and will push you to your limits. All levels welcome. New spinners should arrive 15 min early for set up.

**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.

**TRIFECTA** - This class incorporates three 20-minute segments of floor aerobics, step and weights. All fitness levels welcome.

### HIGH INTENSITY

**BOOTCAMP** – A challenging full body workout incorporating cardio and muscle conditioning drills.

**STRONG by ZUMBA** – Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**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.

### MIND BODY

**YOGA** - Combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.