

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.

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.

CXWORX- This 30-minute workout hones in on the torso and sling muscles that connect your upper body to your lower body, tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention. You will be guided through correct technique as you work with resistance tubes, weight plates, and bodyweight core exercises.

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.

TOTAL BODY CONDITIONING: This one hour class focuses on building muscle strength and endurance. This is a low impact, full body conditioning class that utilizes your body weight as well as other equipment to help you improve strength, lean body mass and overall health.

TRX STRENGTH - Developed by Navy SEALs, this Suspension Training bodyweight movement develops strength, balance, flexibility and core stability simultaneously. 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 total body workout balances muscle toning and strengthening with intervals of cardio to increase overall calorie burn. Perfect for our Baby Boomer population.

STEP - Using the portable adjustable step, challenge your cardio endurance and create muscular strength in this full body choreographed workout.

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.

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

BUTTS & GUTS- This class is a full body workout including balance, strength, endurance, speed, agility, and mobility training that pays special attention to working glutes and core. All fitness levels are welcome.

HIGH INTENSITY

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

FIRE CIRCUIT-A 45 minute high intensity interval class, with combination of strength, cardio, flexibility, agility and coordination designed to get your heart pumping and sweat rolling!

LES MILLS GRIT™ Cardio - 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. A variety of body weight exercises provides the challenge and intensity you need to get results fast. Powerful music and inspirational coaches will be down on the floor with you, motivating you to go harder to get fit, fast.

STRONG by ZUMBA – 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.

MIND BODY

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