

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.

BARRE STRENGTH: More focus on strength with weights, bands, balls, and other equipment.

BARRE Xpress: a shorter, 45 minute Barre class.

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 a foundation of muscle endurance utilizing a variety of equipment to strengthen major muscle groups. All ages and abilities welcome.

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.

TOTAL BODY CONDITIONING: This 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 improve strength, lean body mass and overall health.

TRX CIRCUIT - Developed by Navy SEALs, TRX Suspension Training bodyweight movement develops strength, balance, flexibility and core stability. This 45-minute class uses the TRX, the turf area, and various equipment for a full body, core focussed, strength training circuit.

CARDIO:

STEP: Using the 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.

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.

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:

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

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.

CYCLE & SCULPT: Indoor cycling class plus added strength training with light dumbbells and body weight for a full body, calorie blasting workout.

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.

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

PIYO™: Combines muscle-sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. Then we crank up the speed with upbeat music for an intense, fat burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

PIYO FLOW: A shorter, 30 minute PiYo class with a focus on the yoga-inspired movements and stretching.

MIND BODY

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