WINTER BREAK 2017-18
Classes will begin December 11 and will end January 12, 2018.

Group Fitness Class Descriptions

**BOOTCAMP ABS** - Uses fat burning cardio moves that focus on the core and work your entire body. Anything goes in BCA! All is fair in the Battle of the belly bulge! Intensity modifications for all levels. Come wage war on your core in BC-ABs with Deirdre!

**SPINTATIC** - A moderate to advanced cycling class that offers beginner modifications so ALL are welcome! Come prepared to sweat and jam to a wide range of music from hip hop to oldies! Cycling addresses cardiovascular and muscular endurance as well as strength—so get ready for the burn!

**YOUR CHOICE WORKOUT** - That’s right! You get to pick your workout with TAT. Its semester break and we have limited class offerings so in an effort to help meet more needs of our members still desiring group exercise classes, TAT’s giving workout options! So arrive to class early “on-time” and cast your vote for either: Zumba, Get Ripped BootCamp, Kickboxing, KickABs, or any combination of 2, 3, 4 or ALL of the classes for custom made-order workout! Take advantage of ‘Your choice Workout’ with TAT!

**WIND DOWN YOGA** - Vinyasa for those wanting to experience a physically slower paced class. Holding postures, focusing on cultivating a powerful and healing breath to build strength and confidence within. Experience a relaxing yoga flow with Kristine.

**CYCLE TO THE BEAT** - Join Amy for a high intensity cardio endurance class choreographed to the beat of each song. A variety of music genres are offered ensuring that you will hear music that gets you pumped! Come cycle to the BEAT!

**TOTAL BODY RESISTANCE - TRX** - Uses a Navy Seal developed suspension trainer system to leverage gravity and your bodyweight to perform hundreds of exercises. These bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. You're in control of how much you challenge yourself on each exercise - you simply adjust your body position to add or decrease resistance. 10-12 MAX. First come-First Serve. Try TRX suspension training & be set free from gravity with Anna B!

**THE KRAZE** - 20 minutes of strength, 20 minutes of cardio and 20 minutes of core work all mixed up with a healthy dose of krazy from Kelly. The Kraze will give you everything you need in one hour to work your whole body. Moderate to advance levels.

**INSANITY BC** - A cardio-based total body conditioning workout using MAX Interval Training. INSANITY BC offers participants the opportunity to push their training to new heights, burn more calories, gain faster results, and boost metabolism. This interval class requires no equipment but may be optionally used performing the easy to learn, safe, challenging, results-driven and fun exercises. A variety of modifications given make this class suited for all fitness levels. Come experience INSANITY BC with Anna B.

**GUNS, GUT, GLUTES** - This strength-based class targets your glamour muscles: the glutes, the guns and the gut. With fun music and high-energy, you can condition, strengthen and tone some of the biggest muscle groups. All levels of participants are welcome! Come get fit, firm, and fabulous with Deirdre!

**TABATA + ABS** - This is a high-intensity workout that is packed with both fitness and weight-loss benefits! Is it like CrossFit? Is it like circuit training? It is a bit of both! It consists of eight rounds of exercises in a 20-seconds-on, 10-seconds-off interval! Topped off with an tummy tightening ab workout. Great for all fitness levels but be up for the challenge with Anna B.

**BOOTCAMP CARDIO** - Get moving with this intense plyometrics and calisthenics class. Bring up your heart rate, break a sweat, have some fun with upbeat music, and bring it back down with a stretch ending for a full body workout. Come get some BC-Cardio with Deirdre!

**TABATA** - This is a high-intensity workout that is packed with both fitness and weight-loss benefits! Is it like CrossFit? Is it like circuit training? It is a bit of both! It consists of eight rounds of exercises in a 20-seconds-on, 10-seconds-off interval! Great for all fitness levels but be up for the challenge! You can do anything for 20 seconds! TABATA with Anna B.