



GROUP EXERCISE CLASS DESCRIPTIONS

REGISTER ONLINE AT MYASFACCOUNT.COM OR CALL 216-938-9135

CYCLE

Our cycle classes are ideal for participants of all levels of fitness and experience. The joy of spinning is that you are in control at all times using a resistance dial on your individual bike throughout the class that will bring you through a series of hills, intervals and sprints encouraging you to push and challenge yourself to achieve your individual goals. Some classes work on toning your upper body by incorporating exercises using weights while remaining seated on the bike.

CORE BLAST

This class consists of 30 minutes of movement focused mostly on core strength and stability. We work to tone all major areas of the core with each class by incorporating body weight movements, dumbbells and the BOSU. Prepare to burn!

TOTAL BODY STRENGTH

Total body strength is just as its title suggests, focusing on strengthening all major muscle groups including shoulders, chest, biceps, triceps, glutes and back. As each class is unique, we use different equipment throughout including dumbbells, kettlebells and barbells. You never know what to expect!

HOT YOGA

Link together your breath and movement to create a vinyasa flow practice that will cultivate balance, flexibility, strength and endurance performed in a heated studio.

BOOTCAMP

This is a fast-paced, calorie burning workout using a Boot Camp style approach. This class is geared toward all fitness levels and uses hand weights, body bars, kettlebells, medicine balls and more!

H.I.I.T. LUNCHTIME

High Intensity Interval Training is a cardiovascular and strength exercise strategy that alternates short periods of intense anaerobic exercise with less intense recovery periods. This class may use medicine balls, hand weights, body bars, kettlebells, BOSU balls and much more.

H.I.I.T. EVENING

High Intensity Interval Training. A 45 minute cardio session focused on short intervals of high intensity work with short recovery periods between each set, followed by 15 minutes of deep yoga style stretching.

BARRE TRX FUSION

A fusion of suspension based upper body work and barre focused lower body work for total body sculpting and increased flexibility.

WERQ EXPRESS

The wildly addictive cardio dance class is based on the hottest pop and hip hop music. The workout has repetitive athletic moves and fresh dance steps so you get a great sweat. No dance skills required! Each week some new routines are introduced, so you get to WERQ the routines you know and challenge yourself with the ones you are learning.

VINYASA FLOW

This power yoga class combines breath with unique flows, as we explore different themes and focuses including balance, backbends, core strength and more. Each class is dynamic, challenging and fun, and will leave you feeling relaxed, energized and ready to take on the day.

BUTTS AND GUTS

Targeted glute and core sculpting with cardio intervals.

KETTLE- BELL

This training uses natural body movements which uniquely combines strength and cardiovascular training into a single dynamic workout. This is a highly efficient and effective way to get into shape by building muscle and burning fat simultaneously. The results are a lean athletic looking body and strong core.

CARDIO KICKBOXING

Heart pumping moves meet kickboxing. Here we move to the beat, combining cardio-centric movements with fun kickboxing punches, kicks and more. We even use dumbbells for an added push!

TRX

Suspension based training that develops strength, balance, flexibility and core stability simultaneously. Requires the use of a TRX Suspension Trainer provided by the club.

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