

**Group Fitness at The Fitness Firm** *“Like” us on Facebook and stay up to date on any group fitness schedule changes.*

**BOOTCAMP:** Incorporates muscle strength, endurance, cardio, and stretch all in one presented in any variety of styles from tabata, stations, intervals and cross training.

**BODY BAR SCULPT:** Join this high paced class and get your heart pumping! Using a combination of free weights and precise movements this class helps create a sculpted physique.

**BUTTS & GUTS:** A half hour workout dedicated to core and glute focused exercises.

**CYCLE:** An intense cardiovascular training class geared to all fitness levels. Bring a towel and water. Burn up to 500 calories!

**CYCLE AND WEIGHTS:** Same as above only 30 mins cycle and 30 min of weight training.

**ESSETRICS:** A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong muscles with immediate changes to your posture, mobility and vitality.

**MUSCLE AND STRETCH:** A strong focus on resistance exercises to strengthen overall muscles in the body, finishing with a thorough body stretch.

**PILATES:** Emphasis on spinal and pelvic alignment, breathing and development of a strong core. Builds flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back.

**HATHA YOGA:** hatha is a general term that includes most yoga styles. It is an old system that includes the practice of *asanas* (yoga postures) and *pranayama* ([breathing exercises](#)), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Most hatha classes will be relatively gentle, slow and great for beginners or students who prefer a more relaxed style where they hold poses longer.

**VINYASA YOGA:** A slow, moderate or fast paced flow of yoga postures. Moving from pose to pose synchronized with breath. WE may or may not add weights in this class to boost lean muscle growth and increase cardio demand ending with flexibility and shavasana.

Our group fitness schedule is set up to accommodate the needs and desires of the majority of the population of the Fitness Firm. We have set up a variety of exercise styles (ie. Bootcamp vs. stretch) within a particular time slot throughout the week. When numbers start to decline in a particular class, The Fitness Firm reserves the right to make a change to benefit not only the members but also keep our business viable. We appreciate your feedback and your business. Thank you,