

## CLASS DESCRIPTIONS [www.ridgeathletic.com](http://www.ridgeathletic.com)

Group fitness classes are a great way to improve your health, meet other members, learn new skills, and receive an effective & efficient workout from a motivating & certified instructor. Fun & variety are keys to long-term fitness, so The Ridge encourages you to take a variety of classes from a variety of instructors. This list is designed to help get you started or expand your fitness routine. Beginners & new participants are always welcome and encouraged to participate.

**AQUA FIT** – A fun class providing low and high impact alternatives to traditional land exercise. This class varies in intensity levels to increase endurance, power, and strength. Designed for all levels of fitness.

**BALANCE CLASS**- This class will help you be quick on your feet, increase movement and reactions to help in daily activities. Come discover what your body can do and how it can improve with practice!



A High-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.



This barbell class will sculpt, tone, and strengthen your entire body, fast!



An empowering cardio workout inspired by mixed martial arts, including karate and boxing. Unleash your inner warrior!



A Yoga, Tai Chi, and Pilates inspired workout leaving you long, strong, calm and centered. Feel Balanced!

**CARDIO PARTY** – This is one party you don't want to miss! This class is a fusion of fast and slow dance rhythms designed to tone your body and increase your cardio fitness while having a great time!

**CYCLE BURN**-An indoor cycling class based on outdoor terrain. Sign up is required prior to class. Rides are categorized as intervals, free ride, and power. Monthly schedule is posted at cycling room. Please bring water and a towel.

**CYCLE PUMP**- This class involves intervals of cycling and strength using hand held weights.



A quick, efficient 30 minute core strengthening workout that will tighten and tone core muscles, while improving functional strength

**FOREVER ACTIVE** – This class focuses on improving functional skills required for everyday activities. Exercises are varied from class to class & may include cardio, strength, balance, coordination, and flexibility. Beginners are welcome!

**HIIT**-High Intensity Interval Class. Quick intense bursts of exercise followed by short, sometimes active, recovery periods, to burn more fat in less time.

**MULTI-LEVEL STEP** – Cardio step class combined with conditioning and core moves. All levels welcome.

**INTRO CLASSES** – Offered periodically throughout the year (see schedule). They are designed for participants who would like to try a format that is new to them. Instructors will explain the general flow of the class and then break down/explain the most common moves while answering questions.

**PEAK ALIGNMENT**- This mat based class will teach you to decrease stress on your joints by applying alignment principles to every activity.

**PILATES** –Strengthen while stretching your powerhouse muscles: abs, gluteals and lower back. Help improve alignment, coordination and balance. **Multi-Level Pilates:** Variety of intensity options given for beginner to advanced. Props can also be used in this class.



This workout fuses cardio interval training with drumming to provide a fun, heart-pumping workout!



A group indoor cycling workout where you control the intensity, resistance levels and speed so you can build up your fitness level over time.



Combines body weight, muscle conditioning, cardio and Plyometric training moves synced to music.

**TAI CHI** – A slow moving meditative class, balancing the mind and body while cleansing internal organs. Great for beginners!

**TOTAL BARRE** – It's new, it's fresh, it's fun for everyone! Integrating the elements of Pilates, dance, cardio, and strength training, Total Barre is a total body workout designed for all levels of participants. No experience required.

**XPRESS CLASSES**- 30 minute classes designed to work you hard in a short period of time.

**VINYASA FLOW YOGA** – A high energy, active yoga class that uses a flowing series of poses to create heat. Designed as an intermediate level class, each participant moves at their own pace. Yoga Intro/Level 1 yoga recommended for beginners.

**POWER VINYASA YOGA** – A fast moving powerful vinyasa yoga flow class focusing on alignment, transitions, strength training and deep openings.

**GENTLE YOGA**- This class moves at a slower pace focusing on gentle repetitive movement for range of motion and joint mobilization. It is especially recommended for those with arthritis, fibromyalgia, and physical limitations. All levels are welcome.

**YOGA- LEVEL I** - Beginners welcome! This class focuses on the basic poses of yoga and moves at a slower pace than the Multi-level practice. Detailed instruction is given on alignment, breath control, and functional movement. This class is especially informative for those who are new to yoga. Modifications are provided.

**YOGA – MULTILEVEL** - Increase your strength, flexibility and stamina with an active yoga practice! A variety of options are given throughout the class to allow each participant to work at an intensity level that's right for them. Yoga Intro and/or Level I Yoga is recommended for beginners.



–A Latin-inspired, dance/fitness class. It combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a blended balance of cardio and muscle-toning benefits. It's fun, it's different, it's easy, it's effective!