

## 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.

### CARDIO

**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.



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



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

**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!

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



**HIGH FITNESS** -A fun class that incorporates interval training with music you love and easy to follow choreography, along with toning

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



**SH'BAM** -A fun loving, insanely addictive dance workout! No experience needed, just a playful attitude!



**ZUMBA** –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!

**DANCE PARTY:** Alternating instructors teaching Zumba, Sh'Bam, or Cardio Party.

### CYCLE

**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.



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



**SPRINT** A 30 minute High Intensity Interval Training (HIIT) workout using the bike to achieve fast results!



**THE TRIP** -A fully immersive workout that combines a 40 minute multi-peak cycling workout with a journey through digitally created worlds.

### CORE AND TONING

**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



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

**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.

### STRENGTH



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

**P90X** – A total body strength & conditioning class designed for all levels of fitness. It's a motivating results-driven workout!

**POWER YOGA** – A fun, invigorating flow to pop/rock music to get an energizing start to the day! Water recommended

### STRETCH



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

**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 class.

**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.

**YOGA – MULTILEVEL** - Increase your strength, flexibility and stamina with an active yoga practice! A variety of options are given throughout the class. Yoga Intro and/or Level I Yoga is recommended

**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.

### OTHERS

**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!

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