

Executive Sports and Fitness Center

GROUP EXERCISE CLASS DESCRIPTIONS

BODY SCULPTING (s)	Full body resistance workout will tone, strengthen and increase lean muscle everywhere.
BOOT CAMP (c/s)	This military style class is not for the beginner! This class will push you to your limit!
CIRCUIT TRAINING (c/s)	Try this new high energy class that will keep your body moving and your heart pumping. Participants will rotate through a variety of cardiovascular stations to maximize the amount of calories burned.
CYCLING (c)**	This indoor cycling class simulates the varied terrain of an outdoor ride-including steady flats, hills, and sprints. What a ride!
FUSION (s/f/m/b)	The latest combination of strength, balance, Pilates and yoga mixed. Challenge every muscle in your body with functional and balance resistance exercises, core strengthening and the flexibility of yoga intertwined throughout the entire class. A super sweat without the stress on your joints.
HARD-CORE! (s/f)	Have you ever imagined having fabulous abdominals? This is your chance to focus on your CORE! In just 30 minutes, this class will blast your fat and tone all of your core muscles.
KICKBOX COMBO (c)	High energy full body cardiovascular workout utilizing boxing kicks, punches, jabs and many more fun moves!
NEW YEAR'S AB-solution! (s/f)	This class focuses on building strength without bulking the muscles, while improving flexibility and agility. Although this class focuses mostly on the "solution" to great "abdominals", you will get a total body workout! What's your new year's resolution?
PUMPED UP! (c/s)	This class will keep you constantly moving and your heart rate up, putting you up to the ultimate fitness challenge. We focus on strength, balance, stability, core strength, agility, and endurance exercises. This intense class works every part of your body from head to toe using all fitness equipment to get you PUMPED UP! Whew!
RIPP N' RIDE (c/s)**	A unique combination of intense indoor cycling for half the class and strength training the other half combine it all into one. A great change of pace to the traditional cycling workout. Double trouble!
SPRINTERVALS (c/s)**	A combination of intense cycling sprints and strength training. This class will keep you constantly moving by alternating between the bike and strength training exercises. Get ready to sweat!!!
STEP (c)	This traditional step class uses a variety of patterns and combinations to make this high intensity class fun.
STEP STRENGTH CIRCUIT (c/s)	This class is for participants who love to sweat and enjoy intricate moves on the step with intervals of strength training using a variety of resistance tools. What a workout!
YOGA (f/m/b)	This class is based on Hatha and Vinyasa methods of yoga. Each session will combine breath-synchronized flowing movements, and static poses that focus on alignment. This class focuses on improving flexibility and building strength while developing a strong body-mind-spirit connection by emphasizing the flow of breath. All levels welcome!
ZUMBA® (c/s)	Join the latest fitness craze! Zumba is a dance fitness program based on international rhythms such as Salsa, Merengue, Reggaeton, Cumbia, Belly Dancing, Bollywood, African, Hip-Hop, Swing, and so on! There's no other fitness class like a Zumba Fitness-Party.
ZUMBA® Toning (c/s)	Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast! Join the party!

c-cardiovascular
s-strength
f-flexibility
m/b- mind/body

* Fee based class
**Space is limited. Reservations required.
You may call one hour in advance (312.849.2322) to reserve a bike for Cycling and Ripp N' Ride.