

# FIZĚK CLASS DESCRIPTIONS

**30/30** We take your love of spinning for 30 minutes and mix it with the teacher's choice for the remaining 30 minutes. Maybe kettlebell, maybe TRX, maybe boot camp, you never know.

**BELLS & BURPEES** Taking this high intensity workout will bring your fitness to new levels. We alternate between circuits filled with various kettlebell moves and all different variations of burpees.

**BOKWA** is a fun and simple group fitness program led by certified instructors. BOKWA is simple from the first step. No choreography to learn and the entire class will dance and have fun together.

**BOOT CAMP** Looking for the perfect combination of heart pumping cardio and intense muscular endurance training? Look no further! Going from station to station, each move is designed to strengthen and tone muscles you never knew you had! Anything goes in this class when it comes to equipment and intensity.

**HIIT** High-intensity interval training (HIIT) is a form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. These short, intense workouts provide improved athletic capacity and condition as well as improved glucose metabolism.

**HOT YOGA** Hot yoga is a yoga style that use heat to increase an individual's flexibility in the poses. Expect to sweat, breathe, and be challenged. Don't let this scare you; this practice is all about listening to that true voice inside you. You are going to give yourself exactly what you need and modify as you see fit.

**KETTLEBELL** Our signature classes are a mixture of skills-building and high intensity circuit training, making for both a fun and challenging experience. The intensity of the session can be modified by using different sizes of kettlebells or by changing the number of repetitions. For this reason beginners and those with experience can participate in the same class.

**KNOCKOUT** Join this high intensity workout to get that Knockout body you deserve. We mix kickboxing, street fighting, self-defense, weights, and heavy bag routines all set to fast-paced, explosive music.

**PILATES** Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, pilates improves flexibility, builds strength, and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong powerhouse, and improving coordination and balance.

**SCULPTING** A full-body, non-aerobic class that focuses on core strength. This class will give you strength and muscle tone and will lower the risk of bone loss. We use dumbbells, weighted bars, and bands in a variety of ways.

**SELF DEFENSE** Our workshop is unique among self defense classes. It allows participants to practice full force self defense on actual people. Our club members put on protective gear and let participants really hit them. You will experience what a real life situation is like, and learn that you have the strength to fight back.

**SPINNING** Want a high energy, low impact, high cardio way to burn some calories and feel fit? Our spinning classes are the way to go. We use Keiser cycles, the best in the industry, and crank up our Bose speakers to create a fun, exciting approach to your exercise regime. Spinning is a great way to get fit, stay fit, or recover with some low impact cardio.

**SYNERGY** Synergy is a full body high intensity interval training class. We alternate cardio with resistance training, using a variety of methods including plyometrics, kickboxing, athletic drills, hand weights, weighted bars, resistance bands, and bodyweight training. Each class is a unique experience designed to work every muscle and push you outside of that comfort zone for maximum results!

**TABATA** Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. It is also a very short workout. Is it like CrossFit? Is it like circuit training? It is a bit of both. Tabata training is attractive because it saves a lot of time for people. It offers the maximum benefit with the least amount of time used to get those results.

**TRX** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

**TURBO KICK LIVE** Think you need a sparring partner to reap the benefits of kickboxing? Think again. In every Turbo Kick LIVE class, you'll incorporate real kickboxing moves with proper form and technique to get totally sculpted—no bags or gloves necessary.

**VINYĀSA YOGA** Vinyāsa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyāsa movements are smoothly flowing and almost dance-like, which explains why it is sometimes referred to as Vinyāsa Flow or just Flow.

**ZUMBA** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the rhythms take over, you'll see why Zumba fitness classes are called exercise in disguise. Super effective? Super fun?