

# GROUP FITNESS CLASSES

**LAURIE GRIFFIN, GROUP FITNESS DIRECTOR**

## BODY BARRE CLASS

This fusion of pilates and dance targets the parts of your body that need it most- legs, hips and abs! Each exercise is designed to improve balance, posture, flexibility, and strength to leave you looking and feeling your best.

## STEP

This energizing step workout is choreographed to the latest music to keep you moving and singing along. Step Jam includes plyometrics and power intervals to challenge every fitness level.

## WillPower & Grace™

A formatted fusion of postures and drills, willPower & Grace is the high-energy, cardiovascular solution that mind-body practitioners have been looking for, and the foot-fitness conditioning program EVERYbody needs!

## PILOXING™

Uniquely mixes pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging.

## SPINNING™

Performed on indoor cycles, this class combines basic cycling movements with motivational coaching techniques to give you a unique exercise experience. Motivating music and group dynamics make this an enjoyable, safe and effective workout for ALL fitness levels. You MUST bring a water bottle with you to stay properly hydrated during cycle classes.

## 3D WORKOUT

Transform your fitness level with this NEW total body workout that combines 20-min segments of Body Attack-style aerobics, 20-min of step aerobics, and 15-min of strength training designed to burn fat and sculpt your entire body!

## ZUMBA™

A fusion of Latin and international music and dance themes creating a dynamic, exciting, and energizing workout. You will not even realize you are exercising with the party-like atmosphere where EVERYONE can dance!

## PILATES

A functional approach to strength and flexibility training. Pilates exercises are created to strengthen abdominal and back muscles by developing pelvic stability and abdominal control to improve your posture and form in all areas of your fitness program.

## TOTAL BODY FITNESS

Build strength and fitness using a variety of equipment, resistance and body weight exercises.

## YOGA

A series of carefully designed postures with a strong emphasis on breathing, concentration, and flexibility. You'll strengthen the body while calming the mind.

## BODYPOWER

A 60-minute workout that challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, motivating instructors, and your choice of weight inspire you to get the results you came for – and fast!

## TRX™

TRX suspension training is a revolutionary method of leveraged bodyweight exercise. TRX classes are designed to build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Our TRX Interval class focuses on strengthening the entire body using reps and sets on the TRX, while the TRX Circuit Training class incorporates TRX exercises along with boot camp-style drills.

## ROCK CLIMBING

Learn new tricks and techniques to become a safer and more confident climber while improving your climbing ability. The course cycles through five different focus: Belaying, Rappelling, Anchors, Lead Climbing, and Ascending.

[athleticclubalabama.com](http://athleticclubalabama.com)

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HEART  
POWER  
GOALS  
PERFORMANCE  
MUSCLE