

## GROUP FITNESS CLASS DESCRIPTIONS

### ABOUT OUR EXERCISE PROGRAMS

At Oakbrook Racquet and Fitness Club, we pride ourselves on having some of the area's most talented instructors. Every staff member has taken the time and dedication to become certified in their field of expertise. Our instructors are required to continue their education to stay up-to-date on the latest research. If you have comments, questions, or concerns please contact Maria Rigo.

**BOOT CAMP** (60 minutes) Your drill instructor will lead you in traditional exercises for a cardio and strength workout. If you are trying to gain strength and endurance or lose some extra weight, this is the class for you. **BOOT CAMP 2** In this "extreme" version, Ed promises to kick things up a notch for a hard core workout!

**CARDIO BALL** (45 minutes) Have a ball and enjoy a creative aerobic workout using balls as a prop.

**CIRCUIT** (45 minutes) Circuit training is an interval-training technique that minimizes rest between sets and exercises. This class will alternate intervals of weight training and brief, high-intensity cardiovascular exercise. Move from one format to the next and watch your fitness levels soar.

**CARDIO HOUR** (60 minutes) This class is a rotation of instructors from week to week. It is always cardio and never boring. A great way to try a different mode of exercise or meet a different instructor. Instructor and class format is posted outside Main Studio the week prior to class.

**CARDIO MIX** (45 minutes) This high energy class guarantees to get your heart rate up and will include combinations of hi-low aerobics, kick boxing, plyometrics drills, and bosu work.

**CORE COMMOTION** (45-60 minutes) Functional training at its best! Stabilize your core while swinging light weights to mimic everyday reaching/bending/stretching. You will get a cardio workout while strength training and focusing on the core muscle groups. Plyometric and balance exercises included to round out this unique workout.

**DEFINITION** (45-60 minutes) A fun and energetic, barbell based class that will sculpt your muscles while burning fat.

**GROUP CYCLING** (45 minutes) The ultimate low-impact workout. Cover hills, sprints, jumps and interval train to achieve the perfect workout.

**IN THE ZONE** (45 minutes) Get a cardio workout while being aware of your heart rate to target steady state fat burning work and interval anaerobic work. Floor, step and cycle may be included.

**PILATES Essential Mat** (50 minutes) Our instructors teach the Stott Pilates method which brings a contemporary approach to the theories of Joseph Pilates. Learn the five basic principles in over 35 mat exercises with hundreds of variations. If you are new to Pilates, this is the place to begin.

**PILATES Intermediate Mat** (50 minutes) Building on our Essential Mat Class, this class will continue at a quicker pace and introduce intermediate progressions of the exercises. Recommended for people with Pilates experience.

**SCULPT** (45-60 minutes) Sculpt your entire body using a variety of tools. Instructors will help you achieve proper form to derive the most benefit from each exercise. Hand weights, body bars, stability balls, and resistance bands are used to make this class fun and exciting.

**STEP/STEP CIRCUIT** (45 minutes) Use a step platform to enjoy a low impact cardiovascular workout. Creative choreography will keep you coming back to this class for more. Step Circuit (60 minutes) incorporates intervals of strength training. **SIMPLY STEP** – Same great cardio workout with more repetition and less fancy footwork.

**STRIVE 30 MINUTE WORKOUT** (30 minutes) For Beginner to Advanced. Each class will consist of 15 minutes of cardiovascular exercise and 15 minutes of strength training. A total of 30 fun, efficient and challenging minutes!

**YAMUNA** (fee based) (60 minutes) Yamuna Body Rolling is a workout, massage and chiropractic treatment in one. Body Rolling will tone and realign the entire body. Relieve discomfort, grow longer, leaner, and discover a level of "better" you never dreamed existed.

**YOGA 1** (60 minutes) For the new and continuing student. This class focuses on the fundamental postures, breathing and alignment. Basic standing poses, seated poses, simple balance poses, and supported inversions are explored with the use of props and modifications. Principles of breathing, meditation and relaxation are explored.

**YOGA VINYASA FLOW** (60 minutes) Enjoy and challenge yourself in this class which offers flowing sequences of asanas that ties movement with breath.

**YOGA 1-2** (60 minutes) For continuing students wanting a bit more challenge. This class builds on the Level 1 experience, refining the basics and adding in revolved standing poses, back bending, flow and inversions. Deepening breath work, meditation and relaxation as well. (Instructor approval recommended.)

**GENTLE YOGA** (60 minutes) A restorative yoga class designed to gently strengthen the muscles and joints, increase flexibility, improve breathing and quiet the mind.