



CLASS DESCRIPTIONS

Cardio

Cardio Sculpt—Cardio segments combined with muscular strength and endurance work

Cardio Burner---Choreographed high intensity combinations with hi/lo options

30/30---Thirty minutes of cardio and thirty minutes of muscular strength and endurance

Bosu---“Both sides up” half ball on a platform - we do balance, muscle and cardio work

Cardio Intervals---Maximum calorie burn with work segments and recovery phase

Express Cardio or Cycle---Get it done in 25 minutes

Rock Wall Circuit—Climb the ‘WALL’ and workout at stations

Circuit Training---Total body workout moving through different stations

Beginner Step---Learn the basics of step **Double Step**---step x 2

Step Sculpt--- Step choreography, drill work, muscle strength, and endurance

Step---Step fans this class is for you—step terminology required

Knockout—Kickboxing drills and choreography for an intense cardio workout

Turbo Kick—An intense quick moving kickbox class with choreographed moves

Boot Camp---Back to the basics: run, jump, squat, push and pull—work to the MAX

Metabolic Effect—an intense 30 minute total body class done in interval segments

Specialty

Cardio Dance—One of the specialty dance classes will be offered

Zumba---Choreographed dance to the latest Latin and hip hop music

African Dance—African dance takes you away with the beat of the drum

Cardio Tease---Workout to your “inner sexy self”

Hip Hop---Love to dance—workout to the latest dance moves

Belly Dancing---Here’s your chance—work your middle like nothing else does

Bhangra—Stylized Indian dances

Latin Dance—Learn to salsa, mambo, tango, etc.

KTX---A class for 7-12 yr olds to run, jump and play while exercising

Gentle Fitness—A slower paced class working cardio, strength, balance & flexibility

Women’s Self Defense—Learn to be aware of your surroundings and to protect yourself

Fit Beat—Drumming on Stability balls creates a different way to work out

Intro to GX— Introduction to the equipment and classes offered at the Rush

Water

Water Works---Aerobics workout combining cardio and sculpting segments

Aqua Stretch—Stretch and yoga moves in the water

Muscular Strength and Endurance

Abs---An intense core muscle work segment

Guns & Core---Exercise your core, upper torso and arms

Rock Bottom---Blast your legs, glutes, abs, and low back

Max Muscle---Barbell weight class consisting of 4 min. segments for each muscle group

Strength— Overall muscular strength or endurance class targeting all areas of the body

Cycle

Cycle---Total lower body workout using different styles and zones to rack up those miles

Cycle Burn---Half cycle and half high rep muscle sculpting

Beginner Cycle—Learn the basic principles and set up of class

Cycle Cardio—Half cycle and half cardio moves off the bike

Cycle Circuit—Half of the class in the cycle room and then stations in the gx room

Mind Body and Flexibility

Yoga---Stretch and move your way to better health: **Beginner yoga**—new members

Pilates---Work on balance, strength and core control: **Beginner Pilates**---new members

Piyo---Yoga and Pilates moves combined in one workout

Functional Flexibility---Postural therapy program incorporating stretches and exercises

