

## Class Descriptions

**All-in-One Circuit** – A 45 minute total body workout that will hit every major muscle group and get your heart pumping to boot!

**Anti-Gravity Toning** - High definition exercises to shape and lift everything that has fallen, is falling or feels like it needs a lift – including you!

**Balance Basics** – Improve your balance and posture using a variety of unique equipment.

**Balance & Tone** – Improve your balance plus shape and tone muscles for a firm and steady body.

**Bounce & Tone** - An aerobic workout on a rebounder (mini-trampoline) that's low on impact and high on cardio combined with intervals of weight training for a total body workout.

**Cardio Drumming** - Experience the powerful beat and rhythms of drumming coupled with basic fitness moves.

**Cardio Mix** - A little bit of all things cardio: step, Bosu, rebounding and/or low impact customized for you.

**Cardio Kick(box)** - Learn punches, blocks and kicks in this high-powered martial arts-inspired aerobic class.

**Drill** – 15 minutes of athletic based drills to get you ready for action!



### **ETHOS POWER CLASSES FEATURED in the BERGEN RECORD!**

**EthosPower** - Our signature interval training class alternates innovative cardio moves with weight training exercises. Instructors change the routines and equipment to keep workouts fresh and challenging.

**(Ethos) Power Box** – The cardio of EthosPower coupled with boxing drills.

**(Ethos) Power Camp** – EthosPower meets Boot Camp

**(Ethos) Strength & Power** – Ethos Power meets Give Me Strength

**EthoSpin** - Indoor cycling that simulates an outdoor bike ride set to music. Great calorie burner.

**Gentle Yoga** – Perfect for beginners or those with conditions requiring lighter fare.

**Give Me Strength** – The weight room comes to the classroom in this customized strength training class, designed by women for women, this workout promotes muscle and bone health. You'll feel great on the inside and look buff on the outside.

**Goddess Yoga**– Allow your femininity to shine through in this combination of moving meditation and blended styles of yoga designed especially for women.

**Hatha Yoga** - Taught in a traditional style, with held asanas (postures) and pranyama (breath work).

**Hatha Yoga II** - This class takes your Hatha Yoga practice to the next level.

**Mother/Daughter Series** – Take your special girl to class. Various ages based on class style. See flyer for details. Additional fee.

**Pilates** - (Mat) Benefit from postural awareness, breath work, core strengthening and flexibility. Pilates mat exercises focus on your "center," (abdominal, waist, lower back and hips).

**Spin & Sculpt** – Don't just spin your wheels; add toning exercises for a total workout. Ideal for virgin spinners.

**Sports Barre**- The athlete and dancer meet in the studio. Athletic drills plus specially designed exercises for "center barre" to leave you toned from heart to toe.

**Stretch/Core for Spinners** – Stretches and core training designed especially for cyclists.

**Sun Salutations** - A series of 12 yoga postures performed in a single, graceful flow. Each movement is coordinated with the breath. Builds strength and increases flexibility. A perfect complement to any workout.

**Sunday Cardio Sampler** - Each instructor will bring their unique style of cardio training to you each Sunday. Classes may include step, rebounding, high impact, low impact, BOSU, gliding, kickboxing and/or boot camp cardio drills.

**Vinyasa Yoga**- a flowing style of yoga that moves from one pose to the next. Feel a calm state of invigoration.

**Waist Management** - Need to recycle your middle? This quick workout targets your abs from every angle. A perfect complement to any workout.

**Zumba!** - A fusion of Latin and International music, Zumba! uses dance themes to create a dynamic, exciting, effective workout.

☆ *Classes and instructors are subject to change without notice. Please wear shoes to and from the group exercise studios. Please inform the instructor if it is your first class, if you are pregnant, have a medical condition or a change in a medical condition.*