

## 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!

**Barefoot Strength** – Define yourself with sculpting moves borrowed from various disciplines including pilates, yoga and dance.

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

**Bounce and 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 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.

**Core Ball Fusion**- Maximize your core stability, strength and flexibility with this combination of exercises on a physioball.

**Core Fusion** – Learn core stability for abs and back using a variety of equipment and disciplines.

**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 Fitness** – Allow your femininity to shine through in this combination of moving meditation, abdominal sculpting and indigenous dance from India through the near east and North Africa.

**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.

**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).

**Power Yoga** – A full-body, energetic workout that is the most aerobic form of Yoga. Based on the sun salutation, this progressive series of postures builds heat, endurance, strength, and flexibility.

**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.

**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.

**Sunrise Yoga** – Wake up and start your week in a positive direction with a hatha yoga class.

**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.

**Yoga for Healthy Bones** - A gentle yoga class incorporating light weights and weight bearing exercises to build healthy bones!

**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.*