Kirkwood Group Fitness

Class Descriptions

Abs ‘N Ends...Do you want to firm and tighten your buns, thighs, and abs? This is a resistance training class that targets the abdominal, back and gluteus muscles.

Body Fit...Body-fit is designed to tone muscles, increase your metabolism, strengthen your core and burn fat! Body-Fit uses a variety of circuit training exercise techniques to keep you moving for 30+minutes. We will utilize stability balls and small weights on our fitness quest. It’s’ a fun, fast paced work out, but always adjusted to your fitness level. Come join the fun and get in great shape!

Circuit Blast...this is a 6 week series class...beginning Jan. 25th - 2011, participants must register for Circuit Blast and there is $20 registration fee...upon completion of the class receive a survival t-shirt! Come join us in this exciting quest to burn fat and get your cardiovascular system in excellent shape. Circuit Blast is designed utilizing a variety of functional circuit training exercise techniques to keep you moving for 45 heart filled minutes. It’s a great fun and fast paced way to change up your cardio routine...it’s a blast!

Cardio-Combo...This is a combination of heart working cardio using hand weights, core strengthening, and stability all mixed with some step and kickboxing! Great for all fitness levels.

Cross-Fit...You never know what you might get with this “cross-fit style” class. Circuit training, to power lifting elements, to kettle bells, and running. This class will be a bit different every week to keep you interested and keep your body guessing. Focus on proper form and mechanics so participants can get the most out of the workout. Includes strength, balance, endurance and cardio training. All levels welcome.

CyYo - Get the best of both worlds with this class! 30 minutes of cycling with varied intervals and intensity, followed by 30 minutes of Yoga. Participants are welcome to stay for both sessions, or come for just one. Cycling starts at 4:45 and Yoga starts at 5:15. Come ready for a heart pounding workout followed by an energizing Yoga session to round out your workout. All ability levels welcome...come give it a spin!

H.E.A.T. – High Energy Athletic Training...This is the ULTIMATE interval class. Forget the tricky choreography of aerobics; this class is geared to give you a Total Body Conditioning workout without all the frill! We will focus on testing your strength and muscular endurance and push your anaerobic threshold by introducing plyometrics, coordination drills and sports specific exercises. If you want a REAL challenge, then this class is for you!

H.I.I.T....High Intensity Infusion Training
If you're looking for a challenging athletic workout, come join this one! Our goal is to take your fitness to a new level. This class will improve your speed, jumping ability and agility. We will infuse challenging functional strength training, cardiovascular work with speed/agility and plyometric drills.
The class instructors are Nationally Certified Strength & Conditioning Specialists and Athletic Trainers.

Kettle Bell Cardio...This class will train strength, power, cardio and will deliver a kick-butt total body workout. We will use kettle bells, bodyweight, circuits and bands to get you in tip top shape! Men and women are both welcome, as well as all fitness levels!

Pilates... (Mat) A low impact class, restorative for the mind and the body. Build total body strength and endurance through this mat based class by focusing on breath control, proper alignment, and holding poses. The class is taught by a Stott Pilates certified instructor. Please bring your own yoga sticky mat for this class (some are provided at the REC Center)
**Power-Hour**...Crunched for time? This total body workout incorporates a variety of high intensity activities. Power Hour is a mix of cardio including STEP, low impact, and kickboxing. This early morning class is designed to make you shake and sweat...and smile the rest of the day! All fitness levels are welcome.

**Spinercise**... You don’t need to know how to ride a bike to take this class. This is a 35-minute class, led by an instructor that will take you for an imaginary ride. The intensity of the class is always controlled by you so first timers and the highly trained athlete can get excellent workouts in the same class! Come see for yourself what all the excitement is about. The only requirements are that you grab a towel and an imagination...’cause your gonna be in for the ride of your life! Bikes are limited so arrive early...first come first serve. *Please be seated and ready to go prior to class or your bike may be given away. (first time students should always show up early to be set up properly on the bike by the instructor.)*

**Spinning**...This high energy, high intensity class is designed for cyclists of all ability levels. Match your pedal strokes to the beat of the music and feel yourself burning calories. This interval based class is lead by an AFAA certified spinning instructor who will take you through a series of challenges involving simulated hill climbs and sprints. All abilities welcome. Please arrive 5 minutes early to learn proper bike fitting. Each participant is required to have a towel to wipe down their bike. This class has limited bikes available; it’s based on a first come first serve basis.

**Tae Kwon Do**...This traditional Tae Kwon Do course is focused on self-defense and not on tournament competition. The forms taught are Chang Hon/ITF. Belt promotions and uniforms are not required, but available at a small cost. Any belt promotions will happen during regular class time. Students will not only benefit from the unique self-defense curriculum, but from enhanced self confidence, coordination, flexibility, stress relief and fitness.

**Ultimate Abs**...This 20 minute class is developed for all fitness levels. Come join us in strengthening your core and flattening your stomach. If you’re interested in getting your mid-section in shape, adding more exercises to your fitness routine or just getting started on a fitness program, this class is for you!