**PASS X FIT**

**WINTER 2018**

**CLASS DESCRIPTIONS**

**ABLAB**
AB LAB focuses on trunk intensive movements that are designed to improve overall trunk and hip stability in a dynamic manner. We want our students to build strong, fundamental movement patterns that carry over to activities of daily life.

**ALL LEVEL YOGA**
Based on hatha yoga... blend balance, strength, flexibility, and power in a fitness format. For all fitness levels.

**AQUA FITNESS**
In this weightless environment, you will improve muscular strength and endurance. The therapeutic effect of water exercise will leave you feeling rejuvenated and de-stressed. Excellent cardiovascular workout, easy on the joints and low impact. For all fitness levels.

**BARRE NEW!**
A mix of elements from Pilates, dance, yoga and functional training, with choreographed moves to motivating music.

**BELLY DANCING**
Learn basic bellydance steps and body isolations, along with full body strengthening exercises and folk dances from the Middle East. Gain an appreciation for this multicultural dance and its roots, and get fit doing it! All levels welcome.”

**CIRCUIT TRAINING**
A focus on injury prevention. Using our Circuit Machine you will use strength training methods to get a great workout. Meet upstairs by bathrooms.

**HIIT**
With moderate to high intensity exercise, you will maximize your time using these intervals methods. We will use body weight exercises and other modes of resistance. Some exercise experience recommended.

**KICKBOXING**
You will develop skills in self defense and American Boxing. Learn effective techniques in applying punches, kicks, knees, and elbows. For all fitness levels.

**MIXXEDFIT**
Mixxedfit is a people-inspired dance format that incorporates intense dance moves and easy to follow choreography as well as always having the freshest music. A fusion of international and Latin music creates a dynamic, exciting, and effective fitness program. Appropriate for all fitness levels.

**SPIN & TONE**
A cardiovascular challenge followed by an off the bike strength training experience. Appropriate for all fitness levels.

**TURBO KICK**
Kickboxing meets Hip Hop! Kick, punch, and groove your way through this intense cardio workout. Some exercise experience recommended.

**VIKING FIT**
Learn progressive strength training methods with a focus on technique. You will finish each class with a moderate to high intensity conditioning workout using interval/circuit training principles. A competitive environment with a moderate level of physical conditioning necessary. An in-class registration is required.

**WOMEN ON WEIGHTS**
You will feel empowered by the knowledge and skills acquired during this class. You’ll learn your way around our Weight Room. We’ll teach you the most effective and safest methods of weight training.

**ZUMBA**
A fusion of international and Latin music creates a dynamic, exciting, and effective fitness program. Appropriate for all fitness levels.