

# GROUP FITNESS CLASS DESCRIPTIONS

## Circuit Training

Did you know you burn more fat by doing a combination of strength training and cardio? Our circuit training class combines cardiovascular and strength training elements for a total body workout! You'll never get bored as you move from one station to the next...so come on out and feel the burn baby!

Mon & Wed 1530 - 1630

## Awesome Abs

Tired of the same old ab workouts, that don't give you the results you want? Then come challenge the core muscles of your abs and back in this intense 30 minute workout. With awesome upbeat instructors and the freshest music, you're sure to get the results you want while having a blast.

Tues & Thurs 1700 - 1730

## Bomber Boxing

A real boxer's workout complete with the basics to advanced techniques. A workout that will help keep you fighting fit. The perfect workout for any male or female; learn how to box, get in great shape, and have a great time!

Thurs 1530 - 1630

## Spin

If you want to burn serious calories, this class is for you! Spin is an aerobic exercise that takes place on a specially designed stationary cycle. Participants simulate riding on a flat road, climbing hills and sprinting. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride!

Mon & Wed 0600 - 0700 Tue & Fri 1530 - 1630

## Pilates Fusion

Do you want to dramatically transform the way your body looks, feels and performs; build strength without excess bulk and create a sleek toned body? Well come try Pilates! Pilates is a safe, sensible exercise system using a floor mat that will help you look and feel your very best. No matter what your age or condition, IT WILL WORK FOR YOU!!!

Mon & Wed 0930 - 1030 \$3 per class or \$18/month

## Turbo Kick

The hottest kickboxing class around! Turbo Kick is the revolutionary group exercise program that has changed the direction of kickboxing today. Inspired by dance, Tae Kwon Do, boxing, tai-chi and funk this workout creates a party atmosphere. This class stays fresh with the hottest music, moves and combos available!

Tue & Thurs 0900 - 1000 \$3 per class or \$18/month

**\*\*Class schedule subject to change. Please visit the Services website at [www.ellsworthservices.com](http://www.ellsworthservices.com) for a copy of the latest schedule or call the Fitness Center at 385-2266.**