



COURTHOUSE
RACQUET & FITNESS

2011

"Long and Lean"

DOWNTOWN GROUP CLASS DESCRIPTIONS

ABS – Time to work the midsection! You work the legs and the upper body, now comes the class that ties these areas together.

CHISEL – Instructor led weight resistance class. Light – Medium – Heavy weights for maximum **STRENGTH** and **TONING**.

HEAT – You wanted it **HOT** and that's what you are going to get! Sports interval training at its best... Get ready for **HIGH** intensity, **POWERFUL** moves and **GREAT** results.

***NEW* "Low" HEAT** Class on Tuesday – Thursday @ 11:30AM. "Low" HEAT is a beginner friendly version of the popular HEAT class. If you need a starting point this is it!

PILATES – Emphasis on **CORE** strength and Flexibility, this class will get you **LONG** and **LEAN**.

SPIN – Instructor led **INDOOR** cycling class. Great for muscle endurance, strength and overall cardio conditioning while being relatively **LOW IMPACT**.

YOGA – Traditional **HATHA** Yoga with emphasis on **FOUNDATION**, **FLOW** and **STRETCH**.