

# PROGRAM DESCRIPTIONS

REGULAR PROGRAMS		ADVANCED REGULAR PROGRAMS	
<b>Spin &amp; Spin Plus</b>	A challenging, innovative bike class that will simulate climbing a mountain trail or cycling the Tour de France. Spin classes are full of motivation to help you improve your fitness at your own pace.	<b>Sport Circuit</b>	Traditional circuit class with cardio, weights, medicine ball work, plyometrics, boxing, and stability exercises. Please note <b>this is an advanced workout.</b>
<b>Yoga Bootcamp</b>	This class focuses on purifying, energizing, and regenerating the body. <b>Accessible to all levels</b> , this class provides a dynamic combination of strength, sweat and spirituality that takes Yoga to another level. Boot-Camp Yoga is a dynamic vinyasa asana practice which means the class will be continuous flowing movement that keeps the heart rate elevated and the breath steady.	<b>Total Body Systems (TBS)</b>	This class combines muscular strength and endurance work with cardio intervals in a circuit style class. This is an advanced session for those who want an intense workout in short period of time. Please note <b>this is an advanced workout.</b>
<b>Yoga to the Core</b>	In this class you will experience the breathing techniques and flexibility postures of a Yoga workout with the integration of specific core exercises. This class is a great way to lengthen and strengthen.	<b>Bootcamp Advanced</b>	This class focuses on strength, power and agility by providing a variety of exercises that are guaranteed to make you sweat. Please note <b>this is an advanced workout.</b>
<b>Power Yoga</b>	This class focuses on improving strength and flexibility. Following your breath you will flow through this practice experiencing flexibility improvements from one session to the next. <b>This is an intermediate practice that may not be suitable for individuals with serious knee, back or wrist injuries.</b>	<h2>EXPRESS CLASSES</h2>	
<b>Vinyasa Flow</b>	This style of yoga branches from the Ashtanga form. A flowing form of yoga that will strengthen and stretch your body by linking postures in a series, focusing on breathing.		
<b>Ashtanga Yoga</b>	Deep breath is used continuously throughout the class in conjunction with the postures. Designed to work on your strength, flexibility, stamina and general well being. <b>May not be suitable for individuals with serious knee, back or wrist injuries.</b>	<b>Spin/ Core Cruncher/ Lower Body/ Upper Body</b>	Short on time and not sure what to do? These classes will zero in on upper body, lower body, core conditioning. Spend 15-20 minutes to transform your body now!
<b>Pilates</b>	Learn new ways to strengthen and lengthen your body with Pilates. The focus of Pilates exercise is on core and postural muscles to compliment your regular exercise program. <b>No experience necessary.</b>	<b>Back to Yoga</b>	This yoga class is designed specific to strengthen the back and help elongate the spine. This 45 minute class will enhance your mobility, leave you feeling refreshed and walking tall. Back into Action!
<b>Pilates/ Yoga Blend</b>	A mind body class that challenges your inner strength, stability, flexibility and mental focus through a combination of Pilates principles, and traditional Yoga poses. This is a <b>multilevel class with options given for both beginners as well as more experienced participants.</b>		
<b>Aikido</b>	NON-violent way to deal with aggression and solve conflicts. In Aikido the main focus is NOT on strength or reaction but rather on a unique way of blending with the energy of the attack and safely controlling the movements of the aggressor. <b>Aikido is suitable for all ages.</b>		
<b>Sculpt</b>	This is a full body muscle conditioning workout. Improve your strength and posture for that long and lean look!		
<b>Core and More</b>	Can I really do "Core" for 45 minutes? Yes you can! This Core and More class will help improve your functional core movement is multiplanar movement that is made to be used in!		
<b>F.A.S.T.</b>	Functional, Aerobic, Strength, Timed - Melt fat away with this explosive cardio & muscle interval training. F.A.S.T. increases functional movement, burns fat, and increases lung capacity.	<b>Drop In Basketball *open for anyone to play.</b> We would like to start a league so if you are interested, please sign up with a Fitness Consultant if interested in 2 on 2 play.	
<b>ZUMBA</b>	This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Experience the calorie-burning, body-energizing, awe-inspiring movements of ZUMBA!		
<b>Muscle Pump</b>	A toning and conditioning class that will help improve your strength. If your looking for a high intensity calorie burning workout, this is your class!	<b>Studio Free Time *allows anyone to use the studio during these hours</b>	
<b>Outdoor Beginner Run</b>	Interested in running? Don't have much experience? This is the class for you! In this class you will learn the basic fundamentals of running in order to get you ready for the 2011 race season.		
<b>Outdoor Interval Run</b>	This outdoor run class involves a variety of interval training. Each week will involve different types of drills that will allow you to bring your running up to top speed.		

If you have any questions or comments concerning fitness classes please call Shane Kups 403-298-4770 or skups@bankershallclub.com. For daily class schedules

