



USAG GRAFENWOEHR Fitness Classes Description



INDOOR CYCLING - With no complicated moves to learn, a top-notch instructor and music that begs your legs to pedal, getting into the best shape of your life has never been more fun. This class burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles like nobody's business! So come on out and make your fitness goals a reality.

CIRCUIT TRAINING - is a program in which you move immediately from an exercise for one muscle group to an exercise for a different muscle group until all major muscle groups have been worked. The circuit of activities can include weights, callisthenic exercises, exercise tubing, and cardiorespiratory equipment. Moving immediately from one activity to the next allows you to work the cardiorespiratory system as well as the muscular system.

VINYASA YOGA - Invigorating and challenging, these classes offer a complete journey for the body and mind. You will practice both classical and creatively-adapted sun salutations, standing and seated postures, balance-poses, backbends, and inversions alongside meditation, yogic breathing, and more. Movements are fluid and there is a focus of correct alignment, which creates stability and ease within each posture while honoring the wisdom of the body to lead the way. Open to students with a solid foundation of sun salutations and basic standing postures as well as comfort in backbends and inversions!

YOGA/PILATES/FUSION - This introductory Yoga/Pilates/Fusion class combines the core strength training and coordination of Pilates with the flexible strength and meditative elements of Yoga. Both practices involve specific postures, correct breathing, balance work and body awareness. With the perfect supplement of Pilates rings, this unique format creates a strong, toned and well balanced body. This All Levels format encourages practitioners to work at their own pace.

YOGA - does this with integrative exercise. Yoga asks all your muscles to work together. We will hold poses that ask our legs to work, our core to engage, your arms to work and we have to breath, concentrate and feel all at the same time, which is very different from anything else we do in the gym. In the gym, we isolate one muscle or one group of muscles at time. In Yoga, we do not work a muscle group to failure, like in strength training. Instead, we choose an approach that can not only build strength and at the same time, increase range of motion around a joint (flexibility), increase focus, work on concentration, balance, coordination, reduce stress, and so much more. What makes Yoga different is that we always focus on the breath. The combination of all these benefits is why Yoga is called a Mind/Body exercise. Don't be fooled by the new age sound of this class. It is still exercise and you should be prepared to work.

HAPPY HOUR YOGA - Fun and friendly class to help "demystify" yoga. Designed to enhance vitality and a sense of well being. This workout will help participants gain improved flexibility, balance, strength and posture. Great cross training for athletes. Looking to get loose and relaxed or gain strength? This class is for you! This class is open to everyone.

YOGA POWER - Is a rigorous form of yoga characterized by a flowing series of poses practiced in continual and rapid succession. This high-energy progressive type exercise is accessible to anyone with a familiarity of yoga and moderate level of fitness. Emphasizing stamina, strength and flexibility, this class will surely make you sweat while you laugh your stress away and chill out with cool worldly beats!!

BODY CHALLENGE - This is strength endurance training, a cardio/strength combination class that alternates strength exercises to sculpt every major muscle group with easy to follow steps. Utilizing your entire body to burn the most calories.

CROSSKICK - Pre-designed Kickboxing interval class using no equipment. Cardio section uses intensity drills and increased energy sprints followed by work recovery segments

PILATES - A workout designed to develop core strength and coordination, the focus of this class will be on traditional Pilates movement patterns, the use of breath and correct alignment. Participants will enjoy improvement in posture and over all toning.

ZUMBA - fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. Zumba participants achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!

SPINN STRONG - is a combination of spinning & circuit training. In this one hour class you will ride the spinning bike for cardio and for strength you will do a variety of exercises you normally do at circuit training.

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STEP AEROBICS - Step aerobics is a great way to burn fat, shape and tone, and build muscles. Participants combine a series of floor foot patterns with those that require stepping on and off the platform. Step exercise is performed with musical accompaniment.

SALSA - is a fantastic way of keeping fit because; the movements of the dance require the use of various muscles in the body. Like swimming, you naturally start to tone up as you dance. You will also find that your stamina increases and gets better the more you dance, which is perfect if you hate exercise or going to the gym.

CARDIO CORE, STRENGTH & BALANCE - is geared to help your functional fitness levels... Each class will include a warm up that will prepare you for the strength and balance challenges geared at engaging your core muscles at all times!! The class can be modified and or intensified to challenge each individual athlete!!!!

LES MILLS BODYSTEP™ - is a fun, energizing workout designed to tone the lower body, and increase cardio fitness and co-ordination, while also providing all-over strengthening and conditioning.

LES MILLS BODYPUMP™ - is a non-impact weights-based exercise class that works every major muscle group in the body using weights, a bar and step. It strengthens, conditions and tones muscles, producing amazing results – fast.

LES MILLS BODYCOMBAT™ - provides all the benefits of intense physical exercise –working the heart and lungs, and improving co-ordination, strength and agility. The dynamic kicking and punching moves are also great for reducing stress and boosting participants' sense of well-being.

LES MILLS BODYATTACK™ - is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movement with strength and stabilization exercises.

RPM™ - is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

BODYFLOW™ - is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

KICKBOXING - is the empowering energetic class inspired by martial arts. Participants will box their way through calories to superior cardio fitness.

PT AB BLASTER - This class challenges your balance, forcing your deepest core muscles to work even harder. We'll also work the oblique muscles in particular for sleeker, leaner lines and a firmer, stronger and more beautifully toned belly.

RIDE RUN & CORE - each class will begin with a 50 minute ride on the bike and transition to running drills on the track finishing with Core Strength Challenges!

TOTALFIT - "Functional Fitness Training" - is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

ON RAMP Gain an understanding of the CrossFit methodology. You'll gain an understanding of the ten elements of fitness and how our programming in the gym will help you get fitter in every way.

SCULPT & BURN - This cardio/strength combination class alternates strength exercises to sculpt every major muscle group with easy to follow cardio moves. Hand weights, barbells, and stability balls are utilized to guarantee you'll burn calories while giving your muscles a great workout. This class rocks!
Suitable for all levels.

THE W.O.D. - (Workout of the Day) is for intermediate to advanced athletes with a solid fitness base who want to reach the next level. For every class the W.O.D. coaches will custom-create a 30 minute hard-core workout for serious athletes. Show up warmed up and ready to throw down because the W.O.D. is a lunchtime fitness feast. Every workout will consist of full-body "functional movement" physical challenges that you and four other athletes "compete to complete."