

iNLeT Great Neck Class Descriptions

The goal of Inlet's Group Fitness Program is to provide you with professional instruction, a safe, effective, well balanced, and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and mind-body awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for the beginner, intermediate, or advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free. Remember, when participating in any class; always go at your own pace.

ALL LEVELS!

Cardio Sculpt – Get the best of both worlds of cardio and body sculpting. Move through a variety of instructor choice cardio movement that alternates with total body sculpting exercises.

Chisel - A total body lifting experience that improves your muscular endurance, tone, and definition. Weighted plates and bars are used.

Mat Pilates - Total body workout that emphasizes strength, alignment, and breathing. Working through the body's core, exercises target the abdominal region, hips, and lower back. This class enhances muscular balance, and improves posture and body awareness.

Spin* - Start pedaling and let go as your instructor takes you on the ride of your life! This class is an incomparable aerobic workout that uses a specialized stationary bike in a group setting. Perfect for the fitness enthusiast of all types and levels.

Spin 30 & Spin 45* - Not a lot of time? No worries, we have you covered with our 30 and 45-minute spin classes. Don't be fooled...they are still INTENSE!

ZUMBA – A low impact dance exercise with a Latin infusion. No dance experience required! ☺

20/20/20 - A fun and challenging mix of your favorite classes. 20 minutes step, 20 minutes athletic drills, followed with 20 minutes of resistance & abs (taught in that order).

Double Step - Double the fun! Enjoy the choreographed combinations that will have you sweating and smiling. Class concludes with core work.

INLET'S SIGNATURE CLASSES

Bikes & Bands* - Take your spin to the next level! Get your sweat on while spinning, then off your bike for quick body blasting interval band exercises. Total body baby!!!

BOX - Experience the power, energy, and heat in this blistering TKO Knockout! It's packed with punches, combinations, contact hitting (mits), jump roping, abs and MORE! Wraps required. We provide the gloves.

Core & More – Core strength training using all varieties of equipment for the ultimate workout!

HEAT- (High Energy Athletic Training)-This awesome class cycles participants through intervals of cardio and resistance. Ply metrics, drills, and strength stations will utilize all types of equipment.

Outdoor Boot Camp*** - Get yourself ready for some military training with our outdoor boot camp. Running is involved, please dress accordingly and be ready to be taken to the limit!

Outdoor G.I. Jane***– Finally a boot camp designed especially for our iNLeT ladies! Venture outside for running and boot camp drills!! No worries, no long distance running, and no experience needed. ALL levels welcome. Let's get outside and play. ☺ Dress accordingly. Weather permitting.

Power Fit - Experience a total body workout that utilizes all muscle groups with a variety of strength training techniques and cardiovascular training.

Pulse & Pump – Want a class that's fun, challenging and covers all the bases? Try pulse & pump!! 1st 30 minutes: get your pulse up with continuously alternating traditional choreographed stepping on one level, then switch to a higher step bench for drills and plyometrics. 2nd 30 minutes: pump your muscles using fluid body bar movements.

Saturday Sweat Shop – Get ready for Saturday night, by starting your morning getting good and sweaty. 45 minutes of continuous instructor's choice of cardio, followed by 15 minutes of pure abdominal core work.

SPICE – Don't get fooled by the name! This class is guaranteed to make you sweat! **SP**port Interval **C**onditioning **E**xercises.

Step Fit Camp Fusion – A fun and challenging class for every BODY! Begin with basic step moves. Elevate in intensity (if desired) by adding plyometric and athletic step movement that is interspersed with dumbbell resistant body sculpting.

TRX Explosion - Improve your strength, mobility flexibility and balance; with its unique blend of Suspension Training exercises, kettle bell and cardio circuit conditioning intervals. Sculpt muscles and blast fat, all in one workout. Program features multiple rounds/circuits with three levels of exercise difficulty so you can continually challenge yourself.

YOGA

Happy Hour Flow – Start your weekend off the right way with an upbeat, energizing, revitalizing flow with amazing music and awesome energy! *All levels welcome ☺*

Multi Level Yoga - Experience the benefits of yoga exercise to give you overall conditioning that improves balance, flexibility, and strength. All levels welcomed and accommodated. *All levels welcome ☺*

Power Yoga - The body is in motion much of the class, encouraging proper alignment of the body & brings balance, strength, & calmness to the practitioner. *Experience recommended ☺*

Yin – A deep practice, which develops mindfulness and creates space in the body. *All levels welcome ☺*

Vinyasa – "Linking breath with movement". Vinyasa is a wonderful class to experience a connection with your body and mind. You will be guided through a series of asanas that will strengthen you inside and out. *Experience recommended ☺*

Yoga - An ancient form of movement promoting balance, flexibility, strength, and relaxation through various postures and breathing techniques. *Beginner friendly ☺*

Yoga Basics - Beginner inspired, all levels welcomed. Covers basics of yoga posture, alignment, breath, etiquette, etc. Have questions about yoga or benefits of yoga? Bring it to this class. *All levels welcome ☺*

*Reservations required

** Class is 90 minutes long

*** Class is weather permitting