

# iNLeT South Group Fitness Descriptions

The goal of iNLeT's Group Fitness Program is to provide you with professional instruction as well as 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

**Agility** – A high energy "Spice" like class that incorporates medicines balls for core strength, power bands for lower body stability, dynamic stretching, agility ladders to enhance footwork, hurdles for explosive leg strength, and cone drills for directional speed development. An overall total body workout!

**BOSU Plus** – Take the BOSU to the next step!! Traditional BOSU exercises incorporated with basic to advanced moves with the ball, body bar, medicine ball, weights, bands and more! Guaranteed to create strength & core stability.

**Body Design** – Learn to use your body to its utmost potential to lengthen & strengthen with the emphasis on the core.

**Cardio B/G** – Make your 30 minutes count in this class comprised of intervals of various cardio with a killer butts & guts workout!

**Chisel** – A total body lifting experience that improves your muscular endurance, tone, & definition. Weighted plates, bars, bands & dumbbells are used.

**Cross Spin\*** – An intense workout on and off the bike utilizing strength movements.

**DBL Step** – Double the fun! Enjoy the choreographed combinations that will have you sweating & smiling. Class concludes with core work.

**Cardio Dance** – Low impact cardio dance party! No dance experience required.

**Spin\*** - Start pedaling & 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 & levels.

**Step Intervals** – Enjoy intervals of step alternating with resistance.

**Spin Intervals\*** – Enjoy intervals of SPIN, alternating with resistance!

**SPICE** – **S**ports **I**nterval **C**onditioning **E**xercises. Come and sweat away your worries.

**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.

**Zumba** – Low impact dance exercise with a Latin infusion. No dance experience required!

**CKB (Cardio Kick Box)** – Move & groove to this unique class with punching, kicking, & sweating. (non-contact)

**TRX\*** – Total body workout with this suspension training exercise. TRX 45\* are limited to 10 participants only.

**TRX Circuit\*** - Total body workout with this suspension training exercises that alternates with cardio strengthening exercises. Limited to 10 participants.

## iNLeT's Signature Classes

**Beginner Spinner\*** - Learn proper bike set up, body alignment and form, along with a beginner level spin class!

**Box** – Experience the power, energy & heat in this blistering total knockout! It's packed with punches, combinations, optional contact hitting (mitts), jumping rope, abs & MORE! Wraps required (sold at the front desk).

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

**Spin Gym\*** - An innovative approach to total body conditioning. This class incorporates spinning, abs, & upper body training. Please arrive 5 to 10 minutes early for class set up.

**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.

**TREX** – 30 minutes of fat burning treadmill drills, followed by 30 minutes of upper body and abs on the TRX...TREX!!! Calories checked in at the door...guaranteed. No sign-up necessary.

\* = Reservations required

## Reservation required for all Spin Classes

Please call the day before or the day of to reserve your spin bike. Spin instructors will have a roster of class participants. No more than one person may sign up per phone call (unless in same household). Check-in at the front desk and receive a chip after verified that your name is on the reservations sheet. The instructor will collect your chip before class begins. Happy spinning!