



The Abington Club

Group Fitness Class Descriptions

- BASIC CONDITIONING** COMBINES STEP PATTERNS WITH WEIGHTS. GUARANTEED TO GET YOUR HEART AND MUSCLES PUMPING. **ALL LEVELS.**
- HATHA YOGA** FOCUSES ON COMBINING DEEP BREATHING & MOVEMENTS THAT ENABLES US TO BUILD STRENGTH, FLEXIBILITY & ENDURANCE. **ALL LEVELS.**
- CIRCUIT TRAINING** A COMBINATION OF HIGH-INTENSITY AEROBICS AND RESISTANCE TRAINING DESIGNED TO BE EASY TO FOLLOW, GIVE YOU A GREAT WORKOUT, AND TARGET FAT LOSS, MUSCLE BUILDING AND HEART- LUNG FITNESS. **ALL LEVELS.**
- CARDIO SCULPT** COMBINES HAND WEIGHTS WITH SIMPLE BUT STRONG MOVES. UPPER & LOWER BODY STRENGTH TRAINING WITH AN EXTRA CARDIO KICK! **ALL LEVELS.**
- CARDIO BLAST** A COMBINATION OF INTENSE CARDIO MOVEMENTS WITH STRENGTH EXERCISES SUCH AS PLANKS, PUSH-UPS, AND LUNGES. GUARANTEED TO GET ALL MEMBERS MOVING. **ALL LEVELS.**
- BODY PUMP** INCREASES THE STRENGTH OF YOUR MUSCLES WITH HIGH REPS & CONTINUOUS LIFTING. A NEW AND IMPROVED WAY TO GET IN SHAPE! **ALL LEVELS.**
- PILATES** IMPROVES YOU MENTAL AND PHYSICAL WELL-BEING, INCREASES FLEXIBILITY, AND STRENGTHENS MUSCLES. THIS CLASS WILL IMPROVE CORE STRENGTH AND CAN EVEN ALLEVIATE BACK PAIN AND OTHER CHRONIC AILMENTS. **ALL LEVELS.**
- CYCLING** A GUIDED INDOOR CYCLING EXPERIENCE DESIGNED TO ACHIEVE THE ULTIMATE IN CARDIOVASCULAR & STRENGTH DEVELOPMENT. **ALL LEVELS.**

STEP IT UP

A POWERFUL EXPLOSION OF PLYOMETRIC MOVES & CHALLENGING CHOREOGRAPHY GUARANTEED TO CHALLENGE EVEN THE MOST FIT INDIVIDUALS. **ADVANCED LEVEL**

ZUMBA

ONE OF THE FASTEST GROWING DANCE-BASED FITNESS CRAZES IN THE COUNTRY WITH PEOPLE OF ALL AGES FALLING IN LOVE WITH ITS INFECTIOUS MUSIC, EASY TO FOLLOW DANCE MOVES AND BODY BEAUTIFYING BENEFITS! **ALL LEVELS.**

TOTAL BODY WORKOUT

ALTERNATES BOTH CARDIO AND STRENGTH TRAINING IN AN HOUR TIME FRAME THAT WILL WHIP YOUR BODY INTO SHAPE! **ALL LEVELS.**

ZOGFIT BOOT CAMP

AN INTENSE WORKOUT THAT WILL MOTIVATE **ALL MEMBERS** TO REACH THEIR FITNESS GOALS AND REACH A WHOLE NEW LEVEL OF LIFE. JUMP ROPE, PUSH-UPS, DRILLS & MORE! A FUN, DIVERSE & CHALLENGING WAY TO GET IN SHAPE! *(\$5 for Members each class) Great Workout!!!