

# ENDURANCE FITNESS of MN

## Group Fitness Class Descriptions

Group fitness classes can be tailored to meet your needs. Options are given by the instructor to fit any fitness level and they will guide you through a safe and effective workout. Endurance Fitness utilizes the Les Mills “SmartStart” methods. Class participants are welcome to start out slowly and build up to a full class. Just come and try the first few tracks (songs) and if that is enough for you, feel free to step out of class, it is your workout! Maybe set a goal for the next time to add one more track? You will slowly build up and being doing a full class before you know it! If you have questions about classes and a good place to start, contact us at [getfit@endurancefitnessofmn.com](mailto:getfit@endurancefitnessofmn.com) or stop by the front desk!

 - Strength  - Cardio Workout  - Balance and Flexibility

  **BARRE**® Les Mills Barre™ is a modern expression of classic balletic training: a 30-minute workout designed to shape and tone the muscles, build the core strength and allow you to escape every day. BARRE begins with a warm-up, followed by a sequence of cardio-esque training, building to a cardio peak. We then move into ballet strength, using light weights, and finish with targeted balletic conditioning to complete a full body workout.

 **BodyCombat**® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

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

  **BodyPump**® is a revolutionary weighted workout using barbells with a variety of weights that is set to motivational music. You'll strengthen, tone and define every major muscle group. This class is ideal for all fitness levels-you determine how hard you work by choosing appropriate weights.

 **BodyStep**® Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

 **Cardio Kick** is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

  **Cardiolite** a non-impact cardio/strength workout that moves to music that will energize you, increase your mobility and work on balance. Light weights, bands and balls are used to tone your muscles and work on flexibility. A chair is always available for support if needed. All fitness levels are welcome!

 **Core Conditioning** This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment in this great workout.

 **CXWORX®** is a short, sharp, intense hugely effective 30-minute workout. It was designed by the Les Mills® team with a carefully structured and scientific approach to ensure this unforgiving workout tightens and tones your body, improves your core strength and aids in injury prevention.

 **Freestyle Step** offers members a complete body workout, from your head right down to your toes. Aside from being seriously challenging physically, the levels of concentration and co-ordination needed give your brain some good exercise too!

 **Foam Rolling** is a way of massaging away muscle soreness in trigger points, and preparing your muscles for deeper stretching. Foam rolling classes teach a form of myofascial release that you can also do on your own, using the roller to release muscular tension without needing the help of a massage therapist.

  **R.I.P.P.E.D.®** The One Stop Body Shock® was created by Terry and Tina Shorter. They created a fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 50-minute class, while the last component, Diet, can be found on their website. R.I.P.P.E.D. is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout.

  **Tabata/BootCamp/HIIT** These classes train both cardio and strength using timed, high-intensity intervals. The instructor will lead you in a variety of simple, yet intense exercises to push your heartrate to the limit. Intervals will include a timed exercise for up to 1 minute, followed by a timed rest period. Exercises will vary from each class and instructor. Each exercise can be modified to fit a beginner and seasoned athlete. You go at your own pace!

 **Oula Dance Fitness®** High-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40's hits. Class are one epic hour of sweat, joy and total inspiration! Oula® is Dancemania for the soul.

 **Yoga** Build strength and flexibility, reduce stress and tension and increase your overall health, energy and vitality. You will finish renewed and rejuvenated. Members may bring their own yoga mat or use a mat provided.

  **Yoga Sculpt** Reduce stress, tension, increase your overall health and strength by combining yoga postures with hand weights. Participants choose the weights that work for them. The class will focus on strength, balance and core work. This class is appropriate for beginners to group fitness.