

TOMS RIVER FITNESS Group Exercise

CLASS DESCRIPTIONS 1/12

- Bands, Balls & "Bells"**- body conditioning exercises using the "big" balls, rubber bands, cables and dumbbells.
- Beginner Step**- A 60 minute class designed to teach the new stepper basic step terminology while getting a great cardiovascular workout. The last 10 minutes of class may increase in intensity to prepare for the next step after beginner.
- Beginner TRX**- A 30 minute class showing the basic TRX moves.
- Bikini Blaster**- Get your lower body into show off shape with this strength and cardio program. This workout will get your butt, hips and thighs bikini worthy.
- Break It Down**- Choreographed dances to music that are dynamic & exciting and easy to follow. If you like to dance then this class is for you.
- Boot Camp Spin**-50 min hardcore spin class where free weights are used throughout the class.
- Cardio Weight Training** - This class is designed to improve cardio vascular fitness, strength and agility by alternating cardio moves integrated with strength exercises that will truly give you a total body workout.
- Cardio Kids**-Kids class that is designed to focus on sports conditioning including speed, strength, agility & core movements.
- Cardio Sports Interval** - An intense workout that focuses on athletic conditioning movements and sport drills followed by sport related calisthenics. Take this challenge!!
- Chair Yoga**- Increase flexibility, strength and relieve tension with yoga based exercises using a chair
- Core Conditioning**- This class incorporates traditional abdominal work combined with Yoga & Pilates based moves to tone and strengthen the core (abs & back) muscles of the body.
- Core Meltdown**- A great full body workout sure to melt your middle. This class combines cardiovascular conditioning, weight training and pilates.
- Dance Aerobics**- this is not your traditional aerobics class. Learn easy to follow dance combinations to uplifting music while having fun. Great workout and fun too!!!
- Duathlon 20/20/20**- 20 minute SPIN, 20 minute Run/Walk on any piece of cardio equipment completing with another 20 minutes of spinning.
- F.I.T. (Fierce Intense Training)** This class is designed for the fittest people in mind however it could be a challenge for someone who is not so fit. This class incorporates power, agility and speed drills to train and shock the body. Running and jumping rope are always included. Give it a shot and see how fit you are.
- Hatha Yoga**-(75 minutes) Best for: Beginner or Intermediate. Includes basic breath work, postures and meditation.
- Healthy Horizons**- A workout that focuses on increasing muscular strength and bone density. Class includes an easy to follow low impact aerobic dance warm-up followed by body strengthening exercises. Chairs are provided if needed.
- Hot Yoga**-90 min class consists of 26 holding postures performed in a heated room 95-100 degrees. By performing this particular sequence in the heat you will strengthen your body, increase your balance & flexibility while eliminating toxins & burning fat! The postures will be taught for all levels so anyone can do them. Bring a mat, large towel, washcloth & water.
- Kickboxing**- Sweat it out! Jab, Cross, Hook, & kick during this intense cardio workout.
- Lite Bar**- Similar to "The Bar" class just less intense with retro style music.
- Pilates 101**- tone your entire body while improving posture, flexibility, balance and core strength. This pilates class is geared for the beginner or for those looking for a gentler workout.
- Pilates**- A class geared to increase the strength and flexibility of your "core" muscles.
- Pilates Strenght**-Class focusing on strength, balance & flow of movement. TRX, rings, bands, bars & light weights will be used.
- Restorative Yoga**- (60 minutes) Best for: Beginners This class will relax your body and calm your mind emphasizing flexibility, breath work and meditation in a gentler manner.
- Sa-mba Dance**-Zumba style choreography but lighter & easier to follow. Class is following by weight training exercises. Great class for beginners.
- S.L.A.M. (Step, Lift & Motion)** 60 min.- of cardio exercise using intervals of step and aerobic movement while using dumbbells, band and bars.
- Dance Step**-60 mins of high intensity exercises, utilizing dance moves on the step.
- Dance Step/Abs** -Same as Dance Step, followed by abdominal exercises at the end of class.
- Dance Step Interval**-Same as Dance Step with intervals of weight training.
- Spinning**-50 minute journey done on stationary bicycles that provides total mind and body fitness in a non-competitive atmosphere. Spinning is intended for everyone & all fitness levels. 30 minute free trial spin for beginners on Saturday mornings.
- The Bar**- It's a "happy hour" at The Bar. Join us for 60 minutes of choreographed weight-training performed to popular dance music using weights. The program is designed to burn calories & conditions the major muscles of the body.
- T.O.S-(The Original Step)**-Energizing, easy to follow workout that uses a height adjustable step creating a workout that will burn lots of calories, tone & shape your body. Choreography will be the same in all T.O.S classes & will change every 2-3 months.
- TRX Body**-Suspension training with piece of equipment that hangs from the ceiling, your own body weight is the key factor in this state of the art workout. Great whole body workout, even your core!
- TRX Cardio**-This is an alternating style class with part of class doing TRX exercises while other part of class is doing cardio & weight training moves. Great cardio workout!
- Unload your Back**- Achieve and maintain a healthy back by doing these gentle mat exercises geared to strengthen back, abs and increase flexibility of the spine.
- Urban Groove**-Cardio dance workout fused with hip-hop, funk & street jazz, all set to today's hip-hop & R&B hits.
- Urban Rebounding**- A 45 minute aerobic workout performed on the "rebounder" utilizing standard aerobic moves, sport specific conditioning training, core stabilization techniques, and abdominal work performed to high energy music.
- Weight Training**- a total body workout designed to mimic the weight room without machines. Build muscular strength while developing long, lean muscles.
- Vinyassa Flow Yoga** - (75 minutes) Best for intermediate or advanced levels of fitness. This class coordinates fluid movement between powerful yoga poses with the breath which creates both cardiovascular & strength training workout, ending with a final meditation.
- Zumba**-A great class that fuses latin rhythms & easy to follow moves to create a dynamic workout that will blow you away!

