

PTO GROUP EXERCISE CLASS DESCRIPTIONS

ABS - A focused abdominal & core training session using a variety of tools, which may include stability balls, BOSU, medicine balls, and weights.



- is a unique fusion of boxing, cardio, HIIT, hip-hop, world dance, and body weight training in a pre-choreographed class that changes every 3 months to keep things fresh.



- The ultimate barbell workout. Using low weight loads & high repetitions, you'll burn fat & calories, gain strength, and quickly produce lean body muscle conditioning.

BOOT CAMP- A circuit training workout that challenges your entire body, utilizing any or all of the following: body weight exercises, strength training, agility drills, cardio training and/or core stabilization exercises. This class uses a variety of fitness equipment!

BRAZILIAN JIU JITSU - An emphasis in sport Brazilian jiu-jitsu. Appropriate for all fitness levels. The sessions include vigorous physical conditioning, positional drilling, and sparring in which each participant tries to submit their opponent using any legal technique.

CARDIO KICKBOXING - A total body workout combining the speed & strength of boxing, the focus & control of martial arts, and the grace & rhythm of dance.

CYCLE EXPRESS- A great 45 minute cardio workout of simulated-road bike riding to energizing music, appropriate for all fitness levels. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.



- A medium impact, high-energy workout designed to help increase endurance, torso, strength flexibility, & a sense of rhythm while learning the basic movements of several ballroom dances. See www.dancesportendurance.com.

FLOW YOGA - movement is synchronized to the breath, as you "flow" from one pose to another. Appropriate for all fitness levels.



- a fun & funky strength, flexibility, & balance workout. Graceful, but intense, Freedom Barre® combines great music & ballet aesthetic to give you a fully toned & balanced body.

HIIT- High-intensity interval training designed to significantly increase your metabolism and allow you to burn fat more efficiently.

LATIN DANCE FUNDAMENTALS – Learn the basics of Latin dancing! This class will get you ready for the night club OR your next wedding! A new dance genre is featured each quarter.



combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This is a true fat-burning, low-impact workout!

SLOW FLOW YOGA – This practice will help you manage the volatility, faster paced lifestyle and increased stress of this area. We'll include grounding standing poses, warming, yet gentle, flow sequences, balancing breath practices and a relaxing savasana at the end. You'll leave feeling restored and better able to harness your excess energy and manage stress. This class is perfect for those who are new to yoga and those who really need some "time out".

SPORTS YOGA – Simple, straightforward, no-nonsense stretching & strengthening.

STEP- A high energy class that uses raised step benches with moderate choreography to increase cardiovascular fitness.

STRENGTH INTERVAL – Intervals of strength training, alternated with cardio intervals to give you a total body workout!

STRETCH, BREATHE, & RELAX-This yoga-inspired class includes stretching, range of motion and mood-balancing breath practices. Perfect for anyone who wants to improve their flexibility and mobility and/or who needs a time out. Also, a good introduction to some basic yoga poses.



- Stop counting the reps. Start training to the beat. **STRONG by Zumba®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TAI CHI- An ancient form of mind-body exercise that creates balance and symmetry using a series of flowing movements to bring strength and flexibility to the body.



- The Original Dance-Fitness Party! Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

If you have any questions regarding the classes or schedule, please contact Mindy Green at mgreen@pro-fitclubs.com. You may also view the schedule online at www.ptofitness.org.

Hours of Operation: M-F: 5:45am – 8:30pm, Saturday: 10am – 4pm, Sunday: CLOSED