



## Reach Fitness Class Descriptions

(All classes are 55 minutes unless noted)

(Revised August 29, 2017)

### DANCE CLASSES

#### BollyX:

Bollywood-inspired cardio workout that combines dynamic choreography and traditional fitness moves with the hottest music from around the world. Unleash your inner Rock Star as you dance to the beats of amazing Bollywood and Hollywood songs! *Level: All*

#### Cardio Dance:

Get an aerobic workout while dancing! This class will focus on short dances to improve cardiovascular endurance and may include some choreography. While burning calories students will be learning creative combinations to improve technical skills! *Level: All*

#### Dance Choreo:

Start your day dancing! Each instructor brings his/her own individual style to this high intensity class. Variations include Hip Hop, Jazz, Latin, Ballet, Funk, Brazilian, & more. Class may include choreography and technique with a combination of isolation exercises. *Level: Beginning to Intermediate*

#### Tap/Beginning Tap:

A high energy and low impact tap dancing class. Learn basic tap steps & choreography. No tap shoes required but hard soled shoes are a must. *Level: Beginning to intermediate.*

Jazz/Hip Hop: Come learn technique in a high energy Jazz and Hip hop fusion class. This class will help tone muscles and burn calories. *Level: All*

Zumba: @Skip the Workout, Join the Party! Be prepared to sweat & smile while you're doing it! Move, groove, shake & dance to the songs of latin & international rhythms. No dance experience required. *Level: All*

### CARDIO CLASSES

#### Cardio Sculpt:

Cardio Muscle sculpting and cardiovascular conditioning come together. This class utilizes a variety of equipment to challenge your entire body and make you sweat! *Level: All*

#### Circuit Training:

Muscular and cardio training using a variety of equipment. Work in intervals using different exercises and challenge yourself at your pace. *Level: All*

#### Interval Training:

Strength and Muscular training that involves a series of low-to high-intensity exercise workouts interspersed with rest periods. *Level: All*

#### Step/Bosu-Step:

High intensity aerobic workout utilizing the step platform or BOSU. Choreography is moderate to complex. This class is designed for participants who want to improve cardiovascular fitness. *Step Level: Intermediate to Advanced*

Cardio Box: Boxing-focused cardio class where you will learn stance, footwork, and punching techniques. We'll include some weights, partner drills, and work the mitts. It's a total body workout that you won't even feel until you're done. *Level: All*

#### Step & Sculpt:

Choreographed cardio to energizing popular music using a step platform. Weights, bands & bars are utilized for muscle burn & definition. *Level: Intermediate to Advanced.*

### STRENGTH CLASSES

#### Firm:

Hand weights, tubing, steps & more will help you increase strength, tone muscles and increase flexibility. Form & technique stressed. *Level: All*

Cardio Strength: Enjoy a moderate intensity cardio strength workout to help build muscle, increase endurance and improve flexibility. *Level: All*

Strength Conditioning: Burn calories with lively music and exercises that strengthen your muscles and increase endurance. This class uses a variety of weights and resistance training. *Level: All*

### MIND/BODY CLASSES

#### Pilates/Intermediate Pilates:

This mat class adapts the principles of the Pilates technique, emphasizing torso stabilization through the use of abdominals & back muscles. Increases flexibility, strength & posture. *Level: All*

#### Standing Pilates:

This class adapts the principles of Pilates, standing up. Lengthen and tone using all the muscles of your core. Increase flexibility, strength & posture. *Level: All*

#### Yoga:

Move through poses and stretches. Class consists of Sun Salutations (plank, chaturanga, upward dog, and downward dog). Class ends with deeper stretches for hips, shoulders, & core. *Level: All*



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