

Reach Fitness Class Descriptions

(All classes are 55 minutes unless noted)

(Revised December 20, 2016)

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.*

Dance Rhythms: An aerobic endurance program that will burn fat, increase muscular tone, and enhance your mental processes. Discover your dance personality in a program that is a colorful fusion of cultures, music, dance styles, and props. No dance experience required. *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*

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

Core Balance +: This class combines exercises of pilates, barre, bar-method using blocks, body weight and/or light weights and lots of balance ending with foam roll stretches. *Level: All*

Firm:

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

Strength & Stretch: Enjoy a moderate intensity strength conditioning 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*

Total Body Conditioning: Increase your strength while improving balance and agility with this full body work out using a variety of equipment. Class may include some cardio exercises to improve your fitness level. *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*



www.facebook.com/reachfitnessclub



@ReachPaloAlto