

ALL-ACCESS DESCRIPTIONS

FALL 2017 AUGUST 21-DECEMBER 5

Barre Burn

This class is a full body workout utilizing various ballet, Pilates and strength conditioning techniques. This format creates a challenging balance for the muscles to strengthen, stabilize and lengthen while performing small isometric movements to motivating music. No ballet experience needed.

BODYPUMP™

This barbell workout challenges all major muscle groups. The class focuses on weight lifting and higher repetitions to tone and define your entire body.

Cycle

Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact fitness option.

Cycle Core

A winning combination! Enhance your cardiovascular endurance, lower body strength, and core while listening to your favorite tunes. All fitness levels welcome.

Deep Water Fitness

Don't be fooled by this low-impact class! Exhaust every muscle in your body without ever touching the ground! Buoyancy belts provided. No swimming experience required.

Drop It

Get your dance on with top hip-hop beats! Improve muscular strength and build stamina with this choreographed class, and don't be afraid to Drop It!

INSANITY®

This class is challenging group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all fitness levels. The moves are easy to follow—but the workout WILL challenge you!

Kickboxing Circuit

Use boxing gloves and bags to punch and kick your stress away in our boxing studio. This circuit class will leave you feeling strong and empowered. (Gloves provided.)

Cardio Kickbox

This cardio kick format combines traditional kickboxing with funk. This workout creates a party atmosphere that will have you coming back for more!

Met Con 45

MetCon 45 (Metabolic Conditioning) is an intense circuit-style workout that is one of the most popular training methods used in the fitness industry today. MetCon 45 utilizes a combination of strength training exercises and anaerobic conditioning drills that insures you get the full-body, calorie-burning workout you desire!

Mindfulness Yoga

Improve both your mental and physical health in this class that incorporates movement and stillness, yoga postures and meditation using the foundations of mindfulness.

Pilates Core

This is not your average "old school" Pilates class. This new fusion class will keep the principles and foundations of Pilates while increasing the core burn in 45 minutes.

Power Yoga

Be prepared to sweat through yoga asanas in this creative and engaging format. This dynamic form of yoga uses power to focus on strength, stability and mobility to challenge the entire body.

Quickfit

A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.

Rise & Shine Yoga

Experience the benefits of yoga as you stretch and energize your body. Yoga postures are sequenced for all levels to gradually work out all of the kinks and tightness from your night's sleep and help you get ready to flow through your day with ease.

Total Body Tone

This full body strength training class will fatigue your muscles using body weight exercises, dumbbells, resistance bands, and more!

TRX™ Yoga

This class truly blends mind and body work. The TRX® Suspension Trainer will test your muscular and core endurance using body-weight exercises while the yoga portion will focus on improving mobility and mindfulness.

WOD

Never make it to class on time? No problem! Our Workout of the Day is different in every class and allows you to drop in at any time between 3:15 and 5:15 p.m. to complete a challenging, 30 minute workout. This circuit style format utilizes movements from various sports as well as bootcamp drills to create the ultimate cross-training experience.

Vinyasa Yoga

In this class, yoga postures are linked together cultivating core strength, flexibility, and balance while working and stretching every inch of the body. Integrating breath and postures will leave you feeling energized and renewed in the body and mind. Whether you are new to yoga or experienced, all levels are welcomed!

Yoga

Refine and master breathing techniques and a wide variety of essential yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body.

Zumba

Spice up your workout in this high energy class. This class is powered by Latin music and dance combinations that are fun and easy to follow. No dance experience necessary.

\$1 Abs

This class is free to any fitness pass holder. No pass? No problem! Bring \$1 to the table and sign our waiver to participate. Get ready to firm and tone those Butts N' Guts! *Must be a current Ramsey Member to participate.



Group Fitness



Mind Body



Cycle



Water



Free to Pass Holders



Functional Training Room