

LOMBARDI RECREATION

Group Fitness Class Descriptions

ALPHA & OMEGA PROJECT (LI – MI) 50 minutes

The Alpha & Omega Project fuses a variety of Cardio and Strength Exercises to enhance your fitness. Instructors will motivate you by utilizing Indoor Cycling, CrossFit, Indoor Rowing, TRX, Sports Conditioning, Strength Training, and Mobility/Flexibility (and many more) to help you reach your goals.

BARRE (LI – MI) 50 minutes

Small props such as small balls, resistance bands and dumbbells are introduced to this fusion of dance (Ballet) and strength exercises for a great workout. Barre emphasizes safety and body awareness while keeping the intensity up and energy high.

CARDIO KICK-START (LI – MI) 50 minutes

Cardio Kick-Start is a combination of all the best Cardio and Aerobic exercises to get your day started. This class is open to all activity levels and utilizes Cardio-Kickboxing, aerobic dance, TRX, and much more to get the blood flowing to take on your day. Better than the 1st cup of coffee.

CrossFit™ (LI – HI) 50 minutes

Constantly varied functional movements executed at high intensity. Bodyweight, barbell, and cardio exercises will be utilized to keep you working at your highest intensity.

CrossFit™ PINK (LI – HI) 50 minutes

This is a women's only CrossFit class.

CUB CORPS (5 weeks) Course (3 days a week) (LI – HI) 50 minutes

This is an introductory course to everything strength and conditioning. Recommended for beginners who have never participated in strength and conditioning, or (everything in-between too) advanced S&C athletes who want to improve their technique under the guidance of qualified coaches. \$50 Registration Fee...returned after completion.

INDOOR CYCLING (LI – HI) 30 – 50 minutes

CYCLE Instructors take you through an intense 50 minute power packed ride that will get your day started.

CYCLONE (11:20am - 11:50) is a shortened (30 min) cycling workout that allows you to get a full-blown workout done with time to spare. Participants are encouraged to sign-up for classes to that follow to round out their fitness day. TRX, YOGA, and Reformer start at 12pm...reserve your spot on IMLEAGUES!

MAT PILATES (LI – MI) 50 minutes

Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength.

REFORMER (LI – MI) 50 minutes

Pilates builds strength without excess bulk, capable of creating a sleek, toned body with slender thighs and a flat abdomen. (Yeah, we know – who doesn't want that?) It is a safe, sensible exercise system that will help you look and feel your very best. It teaches body awareness, good posture and easy, graceful movement. Pilates also improves flexibility, agility and economy of motion. It can even help alleviate back pain. No matter what your age or condition, it will work for you, but don't just take our word for it.

Tabata Bootcamp™ (LI – MI) 30 – 50 minutes

Training sessions are based on High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol and other various HIIT protocols.

TRX Suspension Training / Blast (LI – MI) 30 – 50 minutes

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

TRX™ Combo (LI – MI) 50 minutes

This full body-conditioning workout fuses all the best the TRX suspension trainer has to offer. Instructors add their own style to enhance the workout utilizing many forms of exercise that will leave you exhausted but wanting more.

YOGA (LI – MI) 50 minutes

YOGA is the traditional yoga practices utilized throughout the world to balance your mind, body, and spirit.

YOGA SCULPT (LI – MI) 50 minutes

YOGA SCULPT is a high-intensity, high-energy workout. It molds a traditional Vinyasa flow class with resistance training to tone and sculpt every major muscle group. This class uses free weights and will push your strength and flexibility to the next level.

POWER YOGA (LI – MI) 50 minutes

POWER YOGA is a dynamic Vinyasa flow class that also incorporates strength building exercises, arm balances, and inversions. This well-rounded yoga class will ultimately build endurance for both the mind and the body.

ZUMBA® (LI – MI) 50 minutes

Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

How It Works We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

INTENSITY LEVEL:

LI = Low Intensity (All Levels of Fitness)

MI = Mid-Intensity (Some Exercise Experience / Completed Fundamental Class / Course)

HI = High Intensity (Strong Exercise History and Consistency – Not recommended for New Exercisers)

LI – MI (All Levels of Fitness)

MI – HI (Completed Fundamental Class / Course recommended)

LI – HI (All Levels of Fitness...recommend Fundamental Class / Course as intensity may exceed personal ability)

