

ProActive Personal Training & Fitness Education

Session Descriptions Winter 2010

Ab-Solution	This is functional core training at its' finest. We'll work the rectus, transverse and oblique abdominals along with all of the back extensors and stabilizers. You may just find a few muscles you didn't know you had.
CRT – Cardio Resistance Training	This class supplies the complete package. We'll use just about every piece of equipment in the Studio including; hand weights, ballast balls, the Bosu and Gliders intermixed with low impact aerobic work on our cardio training equipment. This is the perfect total body workout!
C-Squared	In this case, "C" stands for C ARDIO Conditioning on our M3 indoor cycles and C ORE Training using the Bosu, Ballast Balls or other effective conditioning aids. This interval style session will challenge your heart, lungs and essential core muscles. Rev up your heart rate, muscles and RPM's.
Fitness Pilates Mat	Introduce yourself to the benefits of Pilates, which include strong and toned abdominals, low back, hips and thighs, improved flexibility, better postural alignment, core conditioning, muscle endurance, improved balance, enhanced relaxation and stress relief. To obtain these results, we use your body weight and floor work and will sometimes incorporate various other tools including tubes, small balls, gliding discs, and foam rollers.
Flow Yoga	The goal of this class is to you to get to know your body; linking breath with movement, challenging yourself, and enhancing flexibility, strength, balance and endurance. The style is creative vinyassa flow/asthanga (athletic). All levels are welcome; poses can be modified to meet the needs of each client.
FX Stretch	Lengthen, strengthen and relax in this functional training session designed to hit all of the muscles used in daily life. Stretching straps, mini-balls and Gliders may be used. Classes will vary according to the groups needs as assessed by the trainer at each session.
Glide Fit	Glide Fit is a full body, calorie combustion workout with four segments of incredible exercises that cycle through lower body, upper body & core work and cardio for four times the fun! Using only the Gliding® Discs, you will link together unique movements that will provide a non-stop challenge, targeting muscles throughout your body. All exercises focus on optimal range of motion, linking movements, increased muscle activation & the use of stability you didn't know you had for a 3-dimensional effect.
Hour of Power	Challenge your cardiovascular systems with the ultimate cycling hour. Sessions are technique based, real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.
Interval Step	Work your body with the perfect combination of cardio & strength training. This session incorporates muscle conditioning within the aerobic portion of class. The muscle conditioning segments are 1-2 minutes in length while the aerobic segments are approximately 4-6 minutes in length. By keeping the muscle conditioning segment under 3 minutes, the heart rate doesn't have a chance to drop.
Kick Jab N' Jam	Mix up your routine with the perfect blend of cardio, flexibility and strength-building moves. You'll enjoy high-intensity drills while burning 300-600 calories per workout. This interval cardio workout brings in jabs, hooks, uppercuts and a variety of kicks designed to get you on your way to a leaner body and a healthier state of mind. No experience in required nor is any equipment used and gloves are not required. Just be ready for the SWEATFEST!
Latin Groove	This unique class takes traditional low impact aerobics one step further by adding elements of jazz, Latin dance salsa. This Latin Dance Party will create an intoxicating atmosphere guaranteed to make you dance your calorie away! Set to lively, Latin house music, you will be dancing - having fun and sweating like crazy.
Straight Up Sculpt	Variety is the key to results. You will get a different muscle conditioning challenge at every session. A wide variety of equipment will be used including; dumbbells, resistance bands, Gliders, along with your own body weight to define muscles and shape your body.
Sunrise Cycle	Wake up and start your day with this medium to high intensity indoor ride. We will cycle across a diverse terrain of jumps, climbs, and sprints designed to get your heart rate up and your metabolism moving to take you through the rest of the day.