

PROACTIVE PERSONAL TRAINING & FITNESS

SMALL GROUP TRAINING SESSION DESCRIPTIONS

Winter 2020

A.B.S. Fusion (Alignment/Balance/Stretch)	This unique mind-body fusion class is designed to build strength, cardiovascular endurance, balance, flexibility, stability and posture. From standing to floor this popular hybrid workout will affect the way you stand and move every day. A.B.S Fusion combines a mix of training techniques, including aspects of Yoga, Pilates and traditional core exercises for a unique challenge and an ultimate release of energy all it's own and a mental connection to body movement and alignment.
Cycle Circuit	Cycle Circuit offers the ultimate in cross training. You'll warm up on the bike and then work into steep inclines, smooth flats, and awesome intervals. Interspersed throughout the ride are strength bouts of Gliding™ exercises and anchored tubing or Dumbbell upper body work which will keeps your muscles firing from start to finish .This workout creatively uses the bike while standing next to or riding on. You have to experience this workout - it is cross training at its very best.
Retro-Fit	Get ready to work it old school! We're channeling a little Jane Fonda and a whole lot of '80s with this combo "true aerobics" style workout. The only equipment needed is a sweatband since this much cardio will leave you dripping. Lace up your sneakers, and get ready for the Grapevine, Jazz Square, and the Pony. This classic low impact workout will kick off with about 20-25 minutes of sweat drenched cardio followed by a throwback floorwork segment focusing on core, upper and lower body exercises.
RPM	These intense indoor cycling workouts are designed to improve the performance of your aerobic and anaerobic system by utilizing interval and tempo training. If you want to boost your body's ability to do high-level work, this is the workout for you! Our Keiser Cycles are compatible with "SPD" cycle shoes or regular fitness footwear. Get ready to match your "RPM's" to specific terrains and conditions you'll find in and around the Auburn area.
Sets & Reps	Experience a powerful muscle work class that is truly focused on making changes in your body. We'll combine functionally based sculpting exercises with traditional strength exercises to offer the perfect full body session. We've overhauled your workout to push you to the limit. This high energy class delivers the perfect balance of dynamic and pure strength training exercises with an emphasis on a strong connection to the core. Get ready for a muscle pumping, total body workout designed to build lean, powerful muscle..
Super Circuit	Improve your power, agility, strength, speed and stamina with this fun, hard core circuit style workout. Your challenge is to take your body to its' limit. You work, you sweat and best of all, you burn calories like crazy. This format is open to all fitness levels. Push your body at your own pace and enjoy this great total body workout.
Yogalates	Yogalates is a synergy of Yoga and Pilates. The focus in Yoga is on postures, breath and mindfulness, while Pilates focuses on deep core muscles. Yogalates pairs these two revered movement practices for improved posture, balance, strength, and flexibility. Combining these two mind-body formats will help you to develop mental focus as well as strong core muscles, and assist with injury prevention and back care.