

## CLASS DESCRIPTIONS - GOLD'S GYM TAMPA

**Core and Abs....** 30 minutes of abdominal sculpting and strengthening.

**Power Pump....** Weights & tubes are used to promote muscular strength and endurance in this total body workout.

**Cardio Pump....** High intensity intervals of aerobic exercise and strength training mixed with abdominal exercises.

**Forever Fit....** Following a warm-up, there will be exercises for strength, endurance, range of motion, flexibility and balance. Equipment and chairs will be provided.

**Zumba....** The routines feature aerobic interval training with a combination of fast and slow Latin rhythms that tone and sculpt the body.

**Energy Yoga....** "Your moving the circulatory system and awakening the nervous system-basically bringing new life into the body.

**Buns & Thighs....** Perfect to do after cardio. A combination of back to back exercises to tone and sculpt your glutes and thighs.

**Insanity Max 30....** It's about using your body to get results. Just like the original INSANITY. No weights. No equipment, but the equipment in your mind and your body.

**PiYo....** A high intensity, low-impact workout for a new kind of STRONG. Piyo gives you hardcore definition, intense calorie burn and allover strenght - without weights, without jumps.

**Gold's Youth Fitness Camp....** A youth fitness class consisting of cardio & strength training with team building, fun activites & challenges. Program provides a bi-weekly report to parents.

## LES MILLS PROGRAMS

**RPM™.....** RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

**BODYPUMP™.....** BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast.

**BODYFLOW™.....** BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**BODYSTEP™.....** BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**BODYCOMBAT™.....** BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.

**BODYVIVE™.....** BODYVIVE™ will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.