

B2F's GROUP EXERCISE DESCRIPTIONS

Welcome to B2F - Bridge to Fitness' multi-disciplined group exercise training program. We offer a vast selection of workouts for the novice to advanced fitness enthusiast. Our studio designs are created to train the cardiovascular system, strengthen the musculoskeletal system and motivate the mind, body and spirit! Come and join our enthusiastic, certified, professional team. Let our instructors create results that will last a lifetime. Can't get motivated to workout? Let our qualified staff get you going!

100% NEW STEP	This class is total aerobics! If you need to lose body fat this class is for you. Bring a towel and water!
ALL TERRAIN SPIN	All Terrain Spin burns fat and carbohydrates and incorporates all kinds of riding techniques, while working the body both aerobically and anaerobically.
ATHLETIC STRETCH	Stretching for every BODY type with remarkable results. Find muscle lengthening, improved flexibility, and increased range of motion all in this warm, nurturing class.
CARDIO BOOTCAMP	3-2-1 Shred and then some. Each week this all-encompassing workout will produce total body results. This fast moving workout conditions your cardiovascular system and nearly every muscle group in your body!
ENDURANCE SPIN	A group cardio cycle class performed on a stationary bike based on sound cycling principles. Classes are technique based and/or real terrain based with a focus on cadence, heart rate zones, sports specific drills, climbs and sprints that can make the unpredictable ride that is fun, effective and challenging.
FITNESS 101	A fabulous workout that strengthens and tones designed specifically for Baby Boomers. Nicely paced weight training and cardio exercise keep you fit and healthy.
GENTLE YOGA	This hour long class offers pose variations and modifications to accommodate anyone who wants the true benefits of yoga. This class will relieve stress in the body as well as improve balance and focus. Gentle yoga can help the body recover from injuries and relief to the joints affected by arthritis.
INTERVAL SPIN	This high-energy class emphasizes speed, tempo, timing and rhythm. Movements include high RPM, pedaling on flats, accelerations, climbs and recovery stretches.
KETTLE MELTDOWN	The ultimate in cutting edge strength training, cast iron bells are used to develop the correct blend of strength with flexibility for maximum fat burning and muscular endurance. Shred your mid section, tone your legs and strengthen your back while pushing your cardio capacity to the limit
KICK-N-KETTLE	This 60 minute class will challenge both the muscular and cardiovascular systems with intervals of high-intensity kickboxing/plyometrics and kettlebell training which exercises many parts of the body simultaneously. Class finishes with 5-7 minutes of core/abs. Be prepared to sweat!
MUSCLE! POWER! SWEAT!	Serious full body conditioning workout utilizing free weights that completely shape your entire body into performance. This class whips your body into shape and builds strength. Fitness for all levels!
OLYMPIC CHALLENGE	B2F's Signature class! This multi stationed, functional strength training and conditioning class incorporates serious strength, agility, balance and overall cardio conditioning. Get in <u>FIERCE</u> shape with this fantastic full body conditioning class!
ON THE BALL	This class is an unconventional method of strengthening your muscles using stability balls to create a total body strength training session. Have a ball - and get strong - it will be more challenging and more fun than you anticipate!
PILATES BODY	Improve core strength and flexibility with this mat format of pilates. A strong emphasis on improving abdomen and back muscles.
ROLL WITH IT	Core Strength – Massage – Stretch. Every muscle from head to toe.
SCULPT-N-SPIN	A moderate- to high-intensity class that combines spinning and muscle conditioning using weights, body bars and other props to strengthen and tone all major muscles groups.
STRENGTH WORKS	A full body free weight-conditioning workout using dumbbells, tubes, and balls to tone and strengthen the entire body. Defined lines and lean muscle come forward with this workout
TRIPLE "S"	Strength, Sculpt, Spin – A real triple threat! Spin with a twist! This classic class incorporates light weights for upper body with a non-stop focus on sculpting legs and chiseling your core. Your ride will include intervals and back to back hills - guaranteed to keep you coming back for more! Take the challenge to strengthen your legs during the 'off season' for upcoming cycling/tri seasons.
VINYASA FLOW YOGA	This accessible approach to yoga is both powerful and empowering. Taught in a heated room, it integrates both classic and modern styles of yoga. Come make that mind, body and soul connection! With patience and persistence this class will give you benefits that no other work out has given you before. ALL LEVELS WELCOME! This class is 75 minutes in length.
ZUMBA	The hottest aerobic workout happening today. A fat burning, easy to follow fiery Latin high impact interval cardio workout.