

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!

3-2-1 Shred	Three well-structured aero/tone interval workouts. These fast-paced exercises will keep you burning fat as you sculpt muscle. Each workout has three "cycles." Each cycle starts with three minutes of multi-muscle and isolated strength training. Then its two minutes of non-dancy kickbox and athletic-style cardio. That's followed by one minute of classic abwork (then — no rest — you'll immediately start a new cycle).
BUTTS+GUTTS	Whip your thighs, hips and belly fat right into shape! A low impact strength conditioning using weights, tubes, steps and ball. Eliminate cellulite!
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.
JON'S SUPERHERO TRAINING	Intense resistance training designed to sculpt and tone. A functional strength, cardio and conditioning class bringing traditional training techniques together with the training techniques of martial artists. His personalized approach to a healthier body and mind guarantees to bring out the superhero in everyone!!
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 <i>FIERCE</i> shape with this fantastic full body conditioning class!
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
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.
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.
CARDIO FUNK	A low impact workout stylized with funky dance moves...fun and easy to follow for any fitness level.
HIP HOP	Take your choreography up a step and learn hip hop dance combinations that are challenging and fun – this class is for any age!!!
INTERVAL SPIN	This high-energy class emphasizes speed, tempo, timing and rhythm. Movements include high RPM, pedaling on flats, accelerations, climbs and recovery stretches.
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!
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.
RIDE AND SHINE SPIN	Same as endurance, but in a more welcoming wake up way! Great way to start your day!
ZUMBA	The hottest low impact aerobic workout happening today. A fat burning, easy to follow fiery Latin low impact interval cardio workout.