

WESTSIDE TENNIS & FITNESS

GROUP EXERCISE CLASS DESCRIPTIONS

ADULT SWIM Westside's Master Swim equivalent focuses on stroke technique, endurance & speed. All levels welcome. Runs Spring through Fall. (60 min)

AQUAFIT Westside's version of water aerobics is a total fitness program in a low impact water environment. Runs Spring through Fall. (60 min)

BALLET BARRE Incorporates upper body workout and a combination of high-intensity sequences of thigh, seat and core exercises at the barre. Includes a releasing stretch after working a muscle group, resulting in stronger, more elongated muscles while gaining flexibility. Each class is designed to invigorate, challenge and inspire. (45 min)

BARRE BLAST A ballet and Pilates inspired workout choreographed to today's popular dance and pop music. We use repetitive, high intensity sequences of pulsing, lifting and squeezing exercises to sculpt legs, gluts and core. Work is performed on and off the barre for a focus on balance. Includes slow, yoga based stretching to promote elongated muscles and increase flexibility. (45 min)

BARRE FUSION This total body conditioning class blends classical ballet training, cardio exercise, body coordination movements, and traditional conditioning methods. Enjoy a fun, invigorating workout that develops muscular endurance, dynamic balance, flexibility, and body coordination. (45 min)

BODYATTACK Sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. (55 min)

BODYCOMBAT Strike, punch and kick your way to greater cardio fitness. 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. (55 min)

BODYFLOW Combining Yoga, T'ai Chi and Pilates, this class builds flexibility and strength, and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout bringing your body into a state of harmony and balance. (55 min)

BODYJAM An addictive fusion of the latest dance styles and hottest new sounds emphasizes having fun while breaking a sweat. Funky instructors teach you to move with attitude through this class. (55 min)

BODYPUMP The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using weight room exercises like squats, presses, lifts and curls. Great music, incredible instructors and your choice of weight inspires you to achieve the results you came in for – fast. (55 min)

BODYSTEP The energizing step workout that leaves you feeling 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 to shape and tone your body. (55 min)

BODYSTEP EXPRESS A shorter version of our exciting Bodystep class! (45 min)

BODYVIVE The low-impact, whole body group fitness workout using VIVE balls, VIVE tubes and body weight to boost fitness and core strength. Our inspirational instructors and music motivate you. Best of all, you're left fizzing with energy, so you can really take life on! (55 min)

BODY in Motion A fun, revitalizing workout combining yoga postures and Pilates strength training to strengthen the body and calm the mind. This efficient and unique combination of circuit training, strength training and yoga provides cardio, works the core, challenges the balance, and sculpts a strong lean body, Most appropriate for those who are physically fit. (55 min)

****BOOTCAMP (\$20.00 per class)** Our popular interval class mixing body weight exercises with cardio and strength training. Bootcamp is designed in a way to be different all the time, and to push you harder than you push yourself. We want to keep you guessing - and challenge you differently every session! Although our trainers may push you like a drill sergeant, we offer encouragement rather than intimidation. (60 min)

CORE FIT A power-packed abdominal conditioning class. Work your core, get fit and turn that flab into abs. (30 min)

CXWORX This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention. (30 min)

CYCLING Our fantastic, heart-pumping workout. Taught on a stationary bike, you climb, sprint and train to incredible music and extraordinary instruction. (55 min)

***FUNCTIONAL FITNESS** This class combines simple aerobic movements with beginner strength, core conditioning, and flexibility exercises. The emphasis is a routine which incorporates exercises that easily translate into daily activities. Exercises are shown at different skill levels so each person can work to their own individual competency. (60 min)

****GROUP PILATES (\$-Cost varies based on class size.)** A mind-body exercise designed to build strength, agility and muscle tone. Strengthen your core by developing a balance between your abdominal and lower back muscles. Each exercise consists of movement in one direction while opposing muscles stabilize. Pilates is a great low impact exercise for all levels and abilities! To join a class or schedule a private session, send an email to Adrian@westsidtennisandfitness.com. (30 min or 60 min)

HIIT CYCLING (High Intensity Interval Training) This class uses the Tabata and high intensity training methods, meaning explosive working phases followed by brief recoveries. Studies show these methods are proven to burn more calories than steady state training. (30 min)

HILLS & DRILLS CYCLING A new 'spin' on cycling, this class combines high intensity interval drills with creative strength training exercises between sets. Along with a motivating instructor and awesome music, this class is guaranteed to push you to your limits. (60 min)

MUSCLE MELT STRETCH Incorporates basic yoga poses, stretches, and the creative use of tennis balls to massage the stress away. (60 min)

PILATES:

***Fusion** This high intensity class integrates MVE Pilates chairs, pilates power rings, dumbbells and other props. Get a great core workout while breaking a sweat and burning some serious calories. (30 min)

***Synergy** This core focused class combines elements from Barre training, yoga, and mat Pilates. Flow through the fundamentals of all three practices, while keeping an emphasis on achieving the "long, lean, dancer body" as well as cultivating a centered focused mind. (55 min)

***POWER50:** High Intensity Interval Training at its best. This total body, heart pumping cardio & strength conditioning workout uses minimal choreography. Our interval-based class combines full body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. This class is guaranteed to push your limits. (30 min)

RPM Ride to the rhythm of powerful music in this popular indoor cycling class. Take on challenging terrain as your coach leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within when you sweat and burn to reach your endorphin high. (45 min)

TRIO Westside's triathlon program consists of lap swimming, spin class & running. Offered Spring through Fall. (60 min)

SH'BAM Each class is vibrant, unique and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. This class is the perfect way to shape up and let out your inner star -- even if you're dance challenged. (45 min)

TRX Suspension Training is the original, best-in-class workout system leveraging gravity and your bodyweight to perform hundreds of exercises. TRX delivers a fast, effective, total-body workout, helps build a rock-solid core, increases muscular endurance and benefits people of all fitness levels. (60 min)

VELOCITY TRAINING This cross training workout that includes Olympic lifting and high intensity interval training. Not recommended for beginners. (60 min)

YOGA:

Basic Yoga Offered at a slower pace, these classes focus on the basics of yoga, breath work & movement. Beginners love learning yoga fundamentals in this course. (55 min)

Mid-Level Yoga This class is a vigorous flow of hatha yoga postures, linked through a series of connecting movements, synchronized with smooth, deep breathing. Learn safe transitions between poses through your practice. Most appropriate for those who have prior yoga experience. (55 min)

Sport Yoga Designed for the experienced yoga student, this class incorporates a blend of Hatha, Vinyasa, and Power Yoga styles customized to strengthen the students' muscles, and improve flexibility & balance. This is not a beginner student class. (55 min)

Yoga Challenge More challenging and faster paced than a traditional yoga class, this powerful yoga discipline focuses on strength and athleticism. This class increases your fitness level increases drastically. Previous yoga experience recommended! (90 min)

X-TRAINING This boot camp styled class is held on the gym floor. You'll switch between cardio and strength-based stations set up around the gym. (30 min)