

# FITNESS WORLD

## PERSONAL TRAINING CLASSES

Fitness World offers personal training classes FREE for its members. We recommend that every member take advantage of their FREE personal training orientation session with a certified personal trainer. These classes are offered year round and are extremely beneficial for beginners to experienced individuals wanting to tweak their workout programs. Take it as many times as you want. You will learn to use all of the Strive Equipment properly. This equipment is adjustable to all body types and lengths. You learn proper form and technique to ensure the most progress from your workouts.

### **Basic Step**

This 45 minute intro-level class is geared towards the beginning exerciser or those that have been “out of action” for awhile. Come learn how to step!!

### **Body Blast**

This is a 1 hour body conditioning class which includes 25 minutes of low impact, easy to follow aerobics. Perfectly suited for beginners thru advanced because you can work at your own pace. Every muscle group is worked. You will be taught how to use weights and all types of resistance equipment.

### **Buda-Kai Cardio**

This is a non-stop cardio workout that incorporates kickboxing and karate moves. Come try it. It's a kick. You can work at your own level.

### **Combo**

This advanced workout is perfect for those “dichards”. It includes high intensity cardio work plus body sculpting. It's fast, it's fun, it's for intermediate to advanced students (usually includes step).

### **Combo Fusion**

This workout includes a variation of Step, Buda-Kai Cardio, Cycling and Body Toning all in one. Beginners Welcome. Pilates – Pilates exercises are designed to promote a balanced musculoskeletal system resulting in core strength, flexibility, and disease prevention. The goal of the exercise series is to gradually increase energy.

### **Power Cycling**

45 minute cardiovascular bike-only workout that burns about 500 calories while conditioning your glutes and leg muscles. Work upper body, abdominal, and lower back during simulated cross-terrain riding.

### **Simply Yoga**

Total conditioning designed to improve muscle tone and strength, alleviate stress and tension, and enhance stamina and energy. Beginners welcome.

### **Step Explosion**

This is an advanced class for experienced steppers. It includes advanced moves and patterns. Class may include multiple steps. Come push yourself to the limit!