

Fall 2018 Group X Class Descriptions

| Instructor | Class Name | Class Description |
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| Allie Hebert | Barre | In this fitness class, a barre (stationary hand rail) is used to create optimal exercise in a fun, safe way. This cross between ballet, pilates, and yoga is a blast and will produce results. Barre EXPRESS – Is a 45 minute version of the hour long Barre class. |
| Annalise Franchina/ Rebecca Herrera/ Beth Williams/ Courtney Williams | Bear Cycle | You're going to sweat! Join us as we improve our fitness levels and push ourselves to new limits with a combination of endurance rides, sprints, climbs, and jumps. This class is great for those seeking a challenging cardio workout, looking for a new cardio routine, or seeking to combine endurance and strength training in your workouts. Nothing beats an indoor cycling class for a low-impact, high-intensity fitness workout. Try out each instructor for a unique Bear Cycle experience. |
| Vanessa Bryce/ Samantha Weare | Boxing/ Conditioning | The primary goal of these classes is to prepare your body for its most vigorous demands. You will develop speed, endurance, flexibility and technique as we focus on core strengthening and basic boxing fundamentals. All it takes is all you've got! |
| Raychel Mynarcik | Dance Fitness | Dance Fitness is for anyone who wants to improve their endurance, balance, coordination, and tone their bodies. The infusion of Latin rhythms, modern dance, and fitness, make it challenging and FUN unlike any other exercise program. Come check out this unbeatable energy-packed hour of exercise! |
| Brittany Adams/ Karolina Alvarez/ Sammi Baez/ Tai Brown/ Erik Carrera/ Anna Conner/ Emma. Gray / Raquel Hernandez/ Katelyn Jordan / Mandi Lee/ Madison Nam/ Essy Savannah/ Grant Schutte/ Kris Terry/ Samantha Torres | F45 | The concept is simple: F45 offers a 45 minute High-Intensity, Circuit Training workout class for our studio members. The fixed, 45 minute duration of our workouts exists to provide a timing structure to maximize our members' growth and progress. Our daily workouts vary the amount of exercise stations, the Work Time / Rest Time ratio and the number of repetitions through the "Exercise Circuit" of each day. This provides a challenging workout for our clientele that is always evolving and never the same. |
| FitWell Team Members | Rest & Relaxation | Calm your mind with a 26 minute nap in our bearobics studio. Lead by various staff members, we will provide yoga mats and blankets alongside peaceful music to give you the power nap you deserve. Our staff member leading your session will announce when the time is up. |
| Brittany Adams/ Bonnie Finch/ / Leah Goehring/ Viviana Gonzalez/ Kelsey Stevens/ Kim Stübben | Gentle Yoga & Yoga | Gentle yoga is a flow based practice from the Ashtanga tradition. It incorporates strength and flexibility by using the body as resistance. One can expect a gentle set series of poses with a strong emphasis on breath and relaxation which will result in stronger muscles and less stress. Yoga flows based on the Vinyasa practice which has more freedom than the Ashtanga tradition. One can expect more poses in a set series guided by the instructor, aimed for leaner muscle and light cardio. Come enjoy a good sweat session and leave feeling stronger and more relaxed. |
| Erik Carrera/ Kylie Smith | MMA | Mixed Martial Arts is a full body sport. Come tone your entire body and strengthen your muscles with this one hour MMA class. Get ready for a fun, intense workout with instructors ready to help. |