

Bay Ridge Class Descriptions

9215 4th Avenue Brooklyn, NY 11209
(718) 238-9400

Abs Xpress a 15 minute workout that is all abs!

Body Burn An intense cardio and functional strength-training experience 30 minutes!

Boot Camp An intense total body workout with our group fitness drill sergeants!

Bottoms Up Tone and work your body from your bottom to your top (glutes, abs, arms and upper body)!

Cardio Jam Your favorite cardio moves for a heart-pumping calorie-burning blast!

Cardio Junkie Kick it old school with this high-energy workout of aerobic choreography followed by sculpt.

Cardio Kick Tone your whole body in this high-energy class using non-combat kickboxing moves & drills.

Circuit City Alternate calorie-burning cardio with muscle toning strength NYC Style! **Cardio** simply heart-pumping moves.

Core and More It is all in the name- work your core and your key muscles for a lean and strong body!

Core Cuts Cut to the core with this 30 minute workout strengthening your abs and lower back.

Fight Club! Yes, you read it right- find the fighter in you! This cardio/strength class using Boxing and Kickboxing techniques gives you a total body workout utilizing the boxing bags and other drills. **BOXING GLOVES REQUIRED.**

HIIT Xpress High Intensity Interval Training in a 30 minute workout! Get ready to push your body to the limit!

IntenSati will change your life. Fusing high-energy aerobics with martial arts, dance, yoga and strength, this workout will work your physical & mental muscles. Spoken affirmations with simple choreography gives you an experience like no other!

Pilates Strengthening and stretching exercises to tone muscles, increase flexibility and build core strength. **Pilates Props** use equipment to intensify your workout experience. In **Hard Core Pilates**, there is less rest between exercises. **Power Pilates** is a 75 minute class that targets the whole body.

Power Hour Get it all in an hour-cycles of high-energy cardio & challenging strength drills w/motivating music & instruction!

Ripped Sculpt Total body toning using the latest fitness props and equipment.



MSROM is performed in a seated and/or standing position & increases strength, range of movement, agility, balance, coordination & improves functional capacities. **CARDIO CIRCUIT** is a standing, non-impact aerobic circuit class for a more cardiovascular & muscular endurance conditioning class.

Spinning™ Cardio workout performed on Schwinn Spinning™ stationary bicycles. Climb mountains, race sprints & cruise the flats for a big calorie burn. (New riders should arrive early and for set up and safety instructions.) Bring a towel & water. ** All spin classes require a ticket that can be picked up beginning 20 minutes before class time at the front desk.*

Step@ a pumpin' cardio class that utilizes the step platform to burn calories, fat & tone the lower body muscles.

Step Circuit uses step along with strength and other cardio drills for a total body workout!

Turbokick@ Punch, kick and groove your way in this HOT cardio kickboxing PARTY!

Warrior Workout Find strength you never knew that you had in this powerful workout using mostly body weight exercises.

Yoga classes will help you achieve the perfect balance of muscular strength, increased flexibility & mental clarity.

Yoga Basics Beginner yoga focusing on basic postures, alignment and breathing techniques.

Vinyasa/Vinyasa Flow Smooth flowing yoga focusing on continuous movement through the postures.

Balanced A perfect balance of body, mind and breath through yoga postures. Flow through Vinyasa sequences using breath & balance, and hold poses to stretch & strengthen your muscles.

Athletic Breathing techniques and yoga postures that will help you lengthen overdeveloped areas and strengthen your weak spots for better overall performance and health.

Rejuvenate & Restore Combines an hour of Vinyasa yoga with 30 minutes of Restorative yoga to relax & unwind.

Power A vigorous fitness approach to flow style yoga. Knowledge of yoga basics is recommended.

Zumba Join the party in this high energy aerobic workout where you groove to Latin and current dance music!

Child Care Hours

Monday & Tuesday
8:30am-2:00pm

Wednesday
8:30-2:30pm

Thursday
8:30-2:00pm

Friday
8:30-2:00pm

Monday-Friday Evenings
5:00pm-9:00pm

Saturday & Sunday
8:30am-1:30pm