

# Park Slope Class Descriptions

191 15<sup>th</sup> Street Brooklyn, NY 11215  
(718) 965-6200

**Ballet Burn** Ballet Moves, Cardio and Pilates-infused workout that will help you become long and lean!

**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)!

**CALVINOGRAPHYdance** jump into this hot cardio dance class with multi-diverse dance styles led by a CALVINOGRAPHYdance Master Instructor.

**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 (held in Studio B). Members need to bring their own gloves.

**Grid Iron Spin** Taught by a NY Sharks Women's Professional Football Player, this interval training ride will melt the calories away, leaving your legs like they have never felt before!

**Grid Iron Workout** Taught by a NY Sharks Women's Professional Football Player, this workout will take your body to a new level with a combination of athletic drills and exercises!


**HIIT Bar** High Intensity Interval Training using the Body Bar for a total body workout like no other!

**Jump & Pump** Jam with jump rope and tone your whole body in this cardio/sculpt fusion class.

**One-Stop Workout** One of our signature classes! One-stop shopping for your body. 3 circuits of continuous cardio movement combined with strength training drills for this fun, body toning blast that will boost your metabolism all day long!

**Pilates** Strengthening and stretching exercises to tone muscles, increase flexibility and build core strength. **Pilates Props** classes use equipment to enhance your workout experience. In **Hard Core Pilates** there is less rest between exercises. **Total Body Pilates** is total body toning through Pilates mat exercises, with an emphasis on core strength and stability.

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

 **MSROM** is performed in a seated and/or standing position and increases strength, range of movement, agility, balance, coordination and improves functional capacities

**Spinning/Spin™** A cardio workout performed on Schwinn Spinning™ stationary bicycles. Climb mountains, race through sprints and cruise on the flats for a big calorie burn. (New riders should arrive early to insure proper set up and safety instructions.) Please bring a towel & water. **Spin Experience** spin to a new level! Enjoy music videos, visual training rides, guides and much more as you spin the calories away! **Spin 2 The Core** 45 minutes of spin then hit the mat for abs.

**Tabata Workout** 20/10 Interval Training to take your cardio to a new level!

**Ultimate Conditioning** The ultimate strength workout to create lean and strong muscles!

**Yoga** classes designed to help you achieve perfect balance - develop strength, increased flexibility & mental clarity.

<b>Core</b>	Learn & apply the principles of core strength through yoga practice to increase power, balance & endurance
<b>Vinyasa</b>	smooth flowing yoga focusing on continuous movement through the postures.
<b>Vinyasa Express</b>	a faster paced class with the best of vinyasa flow in an hour
<b>Yoga Basics</b>	Beginner yoga focusing on basic postures, alignment and breathing techniques.
<b>Forrest</b>	Focus on breath and movement to clear out stress and release tight spots in the body, with an emphasis on core and vinyasa, with long held standing postures, build strength quickly.
<b>Hatha</b>	A good class for beginners, emphasizing breath and strength
<b>Balanced</b>	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.
<b>Power</b>	A vigorous fitness approach to flow style yoga. Knowledge of yoga basics is recommended
<b>Vigorous</b>	A stronger class with a more challenging approach to performing postures.

**Xpress Train** a high intensity total body workout with a Harbor Fitness Personal Trainer.

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

*\*All spin classes require a ticket that can be picked up beginning 20 minutes before class time at the front desk.*

## Child Care Hours

**Monday-Friday** 9:00am-2:00pm; 5:00pm -9:30pm  
**Saturday & Sunday** 9:00am-2:00pm