



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Descriptions

North Austin Branch

1000 W. Rundberg Ln

Austin, TX 78758

(512) 973-9622

Aqua Cardio - This high intensity, fast paced class will take your breath away!

Aqua Interval - Beginner - Looking for a class that works everything? This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout at a beginner level.

Aqua Interval - Intermediate Advanced - Pump up the intensity without the strain on the joints and take it to the next level. This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout!

BODYPUMP™ - Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories*

BODYPUMP™ Express - A 30 or 45-minute version of your favorite total body barbell workout.

Breath and Mind - This is a breathing and meditation class for beginners and experienced participants alike. In this class, you will find excellent ways to heal yourself physically, mentally, emotionally and spiritually.

Cardio Agility - This class utilizes creative and sporty exercises to help you build all-around fitness, with intervals of body weight or dumbbell exercises.

Cardio Mix - A combination of different low-impact cardiovascular moves that is appropriate for all fitness levels.

Core - This class focuses on strengthening muscles of the abs, lower back, and torso.

CXWORX® - Exercising muscles around the core, Les Mills CXWORX™ provides the vital ingredient for a stronger body. All the moves have options, so it's challenging, but achievable for your own level of fitness.

Gentle Hatha Yoga - Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.

H.I.I.T. - High Intensity Interval Training (HIIT) is a training concept that revolves around alternating short periods of intense exercise with less intense recovery periods. Take on strength training, as well as improving overall cardiovascular fitness.

Hatha Yoga - Will include postures and stretches used in conjunction with breath control to develop mind-body awareness. These classes seek to develop strength and flexibility to cultivate a balance between the two for optimal fitness results.

HIIT - High Intensity Interval Training. This class will challenge and increase your strength and cardio endurance. Fast and intense bursts will get your heart rate up followed by a cool down move then, repeat.

Mat Pilates - Once you have learned the fundamental exercises of Pilates, add more intensity through longer repetitions and more advanced options. Magic Circles, dumbbells, stability balls and /or resistance bands may be used to enhance the challenge.

PiYo® - A dynamic fusion of sports conditioning, flexibility, and strength training with a Pilates and yoga influence. You will build lean muscle mass and sculpt every inch of your body through a low impact workout.

R.I.P.P.E.D. - The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class.

RPM™ Cycling - Improve cardiovascular conditioning with Les Mills RPM™. It is an indoor cycling class, choreographed and set to the rhythm of motivating music and a variety of terrains.

RPM™ Express - This 30-minute class is a great way to get a super workout in less time. It is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain through hills, flats, and interval training.

Senior Aqua Range of Motion - This class is designed for seniors with physical limitations and is intended to improve range of motion, strength, flexibility and endurance.

Step & Strong - A choreographed step class that incorporates strength training with light dumbbells, resistance bands, and/or body weight work.

Tai Chi - : Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do Tai Chi, students perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing.

Turbo Kick LIVE® - An addictive workout combining shadow boxing, kickboxing, sports drills, dancing, and yoga in a party atmosphere. This is an interval-based workout for all levels that is fun, exciting and powerful.

Upper Body Strong - This class will be designed to work all the major and minor muscle groups of the upper body with a focus on proper form and execution. Class will focus on pectorals, back, shoulders, triceps and biceps.

Vinyasa Yoga - Vinyasa Yoga is a moderately paced class where students continue to build awareness, strength, skill and focus. Classes will maintain awareness and focus on the breath while moving through a series of postures.

Yin Yoga - A quiet and simple practice, but not necessarily an easy practice. Yin Yoga works deeply into our body. With slow and thoughtful movement, it targets our deepest tissues of the body, our connective tissues and the deep fascia networks of the body.



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Yogalates - A combination of yoga and Pilates to enhance flexibility and strengthen the core. The class alternates between yoga poses and mat Pilates exercises to get the benefit of both practices.

Zumba® - Fat blaster! Fuses hypnotic Latin and world rhythms for a dynamic interval workout!