



ENERGY
essential fitness

Class Descriptions

TRX & CARDIO FITNESS TRAINING

TRX™ INTENSITY	Get ready to get your heart rate up in a High Intensity Interval Training format TRX class...intervals of TRX Suspension Training with blasts of cardio – guaranteed to make you sweat and blast calories. (must wear cross trainers)	ENERGY X-TRAINING	This all new cross training class features 20 minutes of strength training, 20 minutes of energizing floor based cardio moves and a grand finale of 20 minutes of core and flexibility exercises. Get ready to work your entire body, burn fat and bust calories!
TRX™ BOOTCAMP	This TRX Suspension Training class will give you a complete 360 degree workout! Based on a circuit training format, each class will use BOSU balls, kettlebells, stability balls, medicine balls and more – get ready to sweat it out! (must wear cross trainers)	CARDIO CORE CIRCUIT	Challenge your core like never before! This cardio circuit workout combines total body conditioning (using the stability ball, medicine ball, the HALO trainer and more!) plus blasts of heart pumping cardio in an amazing circuit format, where every single exercise will challenge your core – get ready to reveal those abs for the fall!

TOTAL BARRE

BARRE CARDIO	BARRE CARDIO combines elements of Pilates, dance, cardio and strength training that targets and sculpts muscles for a perfect, toned physique. Drench yourself in maximum calorie burn for a lean dancer's body!		
BARRE INTERVAL	BARRE INTERVAL takes an interval training approach to our unique, kick-butt Barre class, incorporating intervals of the body-blasting barre exercises that you love with total body sculpting movements to get your heart pumping & muscles burning!	NEW! BARRE BODY BLITZ	Get ready for a class that combines the cardio movement and low resistance/high rep strength work of barre with the most amazing core workout ever - creating an interval session that will "blitz" your entire body!

PILATES MATWORK

POWER PILATES	Experience the POWER of Pilates in this amazing matwork class using small apparatus like weights, fitness circles and more. Get ready to strengthen your body, tighten your muscles, elongate your body, improve endurance and core strength and restore your body's natural balance.	PILATES STRETCH	This class incorporates basic pilates core movements with the stretching techniques that include the use of the foam roller and mini stability ball – creating a 3-D workout that will lengthen and strengthen.
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GROUP REFORMER

RESTORATIVE REFORMER	This Pilates reformer conditioning session will focus on lengthening and stretching the entire body, focusing on breath, balance and control for a workout that will refresh and re-energise.		
CARDIO REFORMER	Take your reformer workout to a whole new level! The addition of the Jumpboard or CARDIO-TRAMP adds an amazing cardiovascular element to the core conditioning and toning aspects of the basic reformer exercises.	REFORMER+	The reformer's unique system of pulleys and springs is guaranteed to improve strength, endurance and flexibility – and provide you with that long and lean pilates look. And the plus? The use of small equipment like weights, fitness circles and stability balls to create a greater challenge.
POWER REFORMER	This power paced Pilates Reformer workout will take you through a challenging, flowing session guaranteed to give you a total body workout.	NEW! REFORMER CIRCUIT	This all new circuit session introduces exercises not only using the Reformer but also the "fusion" of other pieces of Pilates apparatus like the jump board, Cadillac, Stability Chair and Ladder Barrel...experience the full power of Pilates!

ENERGY EXPRESS LUNCH CLASSES:

		POWER	Flow from one Pilates exercise to the next to build strength & stamina
SCULPT	Pilates infused strength workout for total body fitness	CORE	Interval training core work to create awesome abs and a strong back
BARRE	Power pilates combined with barre-based total body toning	BALANCE	Pilates matwork using the stability ball to create balance and & core strength