

# Trend Fitness Class Description

(\*) Classes currently on our schedule.

(C) Pre-choreographed format.

(X) 30 minute Express class.

**\*Barre (45 min)** - A fusion of pilates, yoga, strength, and ballet movements that uses your own body weight as well as bands, balls, and light weights to target your core and isolate your major muscle groups. This class will help you to find strength throughout your entire body. Wearing Barre socks or grip socks are encouraged.

[Barre socks are available for sale at the studio.](#)

**\*Bootcamp (55 min)** - Our Trend Fit Bootcamp workouts include strength, cardio, and endurance drills, along with positive motivation and coaching. Each class will get you moving, burning fat, building muscle, and will help you to build strength from the inside out! You will be challenged with a new workout each class, so your body, and mind, never get bored.

ALL FITNESS LEVELS WELCOMED AND ENCOURAGED TO JOIN!!

**\*Bootcamp X (30 min)** - A constantly varied 30 minute high intensity workout that combines, strength, cardio and endurance drills to help you sculpt your body and burn fat. Each day is a new workout, so your body & mind never get bored!

**Cardio Kick (45 min)** - You choose, on or off the bag, but either way you'll be having fun using kickboxing moves to tone and strengthen your entire body! Kick & punch your way through a great workout! (A few sets of gloves available for those who want to up their resistance by using the kickboxing bags).

**\*Cardio Kick Express (30 min)** - You'll love this quick but effective high energy 30 minute class option of Cardio Kick! Kick & punch your way through a full body, core focused workout using kickboxing combinations that are easy to follow.

Find the beat and beat it out on the bag!

A few sets of gloves available for those who do not have their own.

[Gloves are available for purchase](#) (men's sizes & styles available in studio).

**\* Circuit Remix (45 min)** - This class keeps you moving from station to station with a new circuit each week using various training methods including strength training, trx, cardio, kickboxing, and a mix of Trend Fit Bootcamp inspired movements. Circuit Remix keeps you moving and burning fat throughout the day!

**\* (C) Core De Force (45 min)** - Join us for an empowering, core-focused workout, inspired by the highest-octane sport in the world—mixed martial arts. You'll get 3-minute MMA-Inspired rounds including combinations of punching, kicking, and jabbing, these Boxing, Kickboxing, and Muay Thai moves blast fat, strengthen the core, and define your abs using only your own bodyweight.

**Foam Roll & Stretch** (60 min) - This foam rolling deep tissue release & stretch class will help your muscles to loosen up & recover faster, increase circulation, prevent injury and lessen overall tightness. During this 45 minute class we will spend time learning how to properly roll out your muscles as well as taking time for a deep stretch. Class size limited to 10. 36" Foam rollers provided but may bring your own.

\*\*Reserve online or reserve in studio with cash or check at least 5 days before the scheduled class.

**Kickbox Barre** (45 min) - A combination of cardio kickboxing, infused with intervals of Barre (a fusion of pilates, yoga, strength, and ballet that uses your own body weight as well as bands, balls, and light weights) to provide strength for the entire body while targeting your core.

\***Kickbox Circuit** (30 min) - Our Kickboxing focused circuit class will have you kicking & punching your way to getting fit. You'll get a full body workout in only 30 minutes by moving through 3 minute circuit rounds that include kickboxing movements, as well as a combination of strength and cardio exercises.

\***Kickbox Strength** (45 min) - This class combines cardio Kickboxing combinations with strength training sets that will work your entire body. You'll leave with muscles burning and your body challenged!

**(C) Pound** (45 min)- Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

**Strength & Stretch** (45 min) - This class is included with a group fitness pass, but must be reserved weekly if attending. Limited to 10 participants. This 45 minute class will wake up your muscles in the first 30 minutes by using a mix of dumbbells, bands, and your own body weight to strengthen both the upper and lower body. We will then finish off the class with 15 minutes of foam rolling and stretching.

\***Tabata Express** (30 min) - Tabata X is our quick burst interval class using 20 seconds of work followed by 10 seconds of rest. Challenge your body with the perfect combination of quick bursts of strength and cardio.

\* **Tabata Torch & Tone** (45 min) - A Tabata style interval class using 20 seconds of work followed by 10 seconds of rest. Challenge your body with the perfect combination of quick bursts of strength and cardio

\* **Trend Fit Strength** (45 min) - A strength focused class that will use barbells, dumbbells, and kettlebells with a combination of cardio moves to give you a full body workout. If you're looking to get stronger, leaner, and burn fat then Trend Fit Strength is your workout!

\* **TRX FIT** (45 min) - This interval class utilizes suspension training and cardio movements to get your heart pounding and having fun.

\* **TRX Fit Express** (30 min) - This circuit class goes beyond your typical suspension training class to incorporate functional training using medicine balls, ropes, kettlebells and more to give your body the challenge it needs to burn fat and strengthen your body.

**Turbo Kick** (45 min) - A hot mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

\* **Yoga** (60 min) - Stretch, strengthen, and relax your body and mind.

\* **(C) Zumba** (60 min) - Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Zumba Gold** (60 min) - A modified Zumba class that takes the original moves and recreates them for a low impact, beginner format. Perfect for beginners and/or deconditioned individuals looking to dance and move without jumping or bouncing

\* **(C) Zumba Toning** (60 min)- This class puts extra emphasis on toning and sculpting the muscles by adding Zumba Toning sticks (light weight) to your already high energy dance fitness party. You and your muscles will stay engaged!