



## Fall FitPass

### Class Descriptions

Purchase of a Fall FitPass gives you access to all classes on the Fall FitPass. Class descriptions are below.

\*Classes may be subject to change

**Run Group:** Joining FitRec's running group is a terrific way to add fun and variety to your exercise routine. You will meet fellow runners of varying experience and fitness levels! The group will run different distances while enjoying the scenery that Boston has to offer. Open to all levels of runners. 2-4 miles maximum run. \*In inclement weather, all run groups will take place on the indoor track. All runs will be NO DROP.

**Vinyasa (Flow) Yoga:** Vinyasa yoga links breath and movement while transitioning through a series of poses. Practice includes Sun Salutations and additional vignettes building around peak poses to improve endurance, strength, flexibility and balance. Class concludes with a cool-down and Savasna to promote relaxation and stress relief.

**Pilates:** Students explore the fundamental Pilates techniques and practice simple, targeted exercises. Focus is on balancing flexibility with strength so each individual can develop the coordination necessary for healthy biomechanics resulting in effortless good posture and core strength. Beginners and those with previous Pilates experience will find a safe, supportive environment. Come ready to focus, explore and discover!

**Barre:** This calorie-burning class incorporates the principles of ballet into one total body workout that will sculpt your body and create long lean muscles. Benefits include better posture, core strength, increased flexibility, and overall muscle tone.

**Yoga Basics:** A perfect class for beginners or those who wish to deepen their understanding of yoga practice. Each class will focus on proper alignment, integrated breath work and asana (poses). We will introduce several breathing techniques as well as modifications to address injuries or limitations. Students will learn to find their edge while strengthen and stretching without causing injury.

**Cardio Kickboxing:** A great cardiovascular workout. Kick off the fat and punch off the pounds. Martial arts and kickboxing are combined to increase muscular strength, cardiovascular conditioning, coordination and balance

**Spin & Strength:** This class offers the best of both worlds...a great combination of sprinting intervals on the bike with added intervals of weight training using dumbbells or body-bars. Spin & Strength is a dynamic, fast-paced interval workout, designed to be the perfect way to end your day. This class is sure to rev up your metabolism, improve endurance, and blast fat, while maintaining muscle mass!

**Sunrise Spin:** Set your alarm clock and come join us for an early morning ride! Our certified instructors will lead you through a challenging series of courses to maximize your caloric burn.

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**Quick Fit No-Sweat Workout:** Short on time in the mornings before work or class? Dodge the sweat sessions all together and try this quick and efficient 30-minute full-body workout that you can “fit-in” any time crunch.

**Obstacle Course Class:** Have you ever wanted to train for one of those popular obstacle course races? This class will assist you in preparing for a race or be a fun workout using different equipment that will be appropriate for all levels of fitness. This class is designed to introduce someone who is new to training for obstacle course racing into a structured program that will improve your strength, endurance, and mobility. The workouts are constantly varied to keep you motivated.

**Sunset Spin:** After a long day, relieve some stress with the encouragement of our upbeat instructors and various cycling drills and combos. You will ride your way to improved endurance.

**Core Intensive Yoga:** Focus on core strengthening and toning through standing and balancing poses, forward and back bending, seated postures and hybrids. This class also incorporates proper breathing techniques and meditation.

**Power Circuits:** Spending too much time in the gym and not seeing results from your current program? Try this Power Circuit class to burn fat and change your body-composition. This class focuses on peak intensity exercises with short breaks, repeated in cycles. Expect to push yourself to the max of muscular strength and aerobic capacity.

**Yoga for Athletes:** Looking for a way to improve your sports performance or increase your mobility? Yoga for athletes is for all levels of movers looking to complement other workouts. We will focus on flexibility, alignment, and concentration. Results include heightened sports performance, injury reduction and a general sense of wellbeing.

**Yoga Barre:** Through this unique blend of barre work and yoga set to music, participants will increase strength, alignment, balance and flexibility. Classes will start with conditioning and alignment at the barre and move center for sun salutations and yoga vignettes and poses. Poses will include a variety of standing and arm balances as well as inversions such as headstand and hand stand. Yogic breath work will further enhance this fusion of grace and power. Modifications will be shown for progression.

**HIIT Training:** Fitrec’s version of CrossFit. This class is a mix of high intensity interval training (HIIT) and mobility exercises to increase participants overall fitness capacity. Don't let the intensity be intimidating, all the workouts will be scaled to individual fitness levels to safely achieve great results.

**Zumba:** Described as a fitness party, this fast paced aerobics class features Latin tunes and easy to follow moves will allow you to achieve long term results while having fun.

**Deep Stretch Yoga:** Class progresses through slow yoga sequences that partner with gravity to allow stretching with minimal added effort. All major muscle groups are targeted with special areas of focus each class. Class starts on the back, moves to the kneeling and seated postures and briefly comes to standing. Vinyasa flow heats the body to progress into deep final stretches followed by relaxation.

**YogaLift:** Add resistance training to your yoga workout. Build stamina, muscle strength and endurance while performing sequences with hand weights to increase intensity. Class will continue with a cool down and stretching sequence to final relaxation in Savasana.



**Athletic Conditioning:** A challenging workout consisting of high and low intensity sport specific exercises. This class focuses on speed, power, agility and strength.

**Yoga/Pilates Fusion:** Combining yoga postures and Pilates-based methods to help you build core strength and tone your body with a gentle workout.

**Restorative Yoga:** Wind down your week with us by joining us for deep relaxation. Settle into each pose for 3-5 minutes supported by yoga blankets and other props. A wonderful antidote to a hectic day, this class incorporates deep breathing and mindfulness.

**Total Body Conditioning:** Take your body to the next level by combining weight training, body weight exercises, aerobic step drills, and plyometrics training to create a high intensity, total body workout. Strength training exercises and high-intensity interval drills are performed in quick succession to maximize your calorie burn and enhance your fitness level by working your whole body.

**Friday Night Fitness:** This power hour will get you ready for the weekend! Shots of cardio and strength exercises will make you sweat. Choose to workout and you'll be drunk on endorphins by the time happy hour is over.

**TRX/Kettlebell Fusion:** The TRX-Kettlebell class is a fusion workout that will build your core strength, stability and functional mobility, all in one workout. This class incorporates two of the most functional fitness pieces of equipment into one class. Exercises will be modified to accommodate all fitness levels.

**Boot Camp:** This type of high intensity class will burn calories and improve your conditioning. Boot Camp offers a mix of cardio and strength training intervals that are challenging and effective.

**Sunday Spin:** It's time to get in gear for your weekend mountain ride. Build endurance with climbs, jumps, and sprints to simulate an actual weekend mountain course.

**Six-Pack Abs:** This class focuses on strengthening your entire core including abs, obliques and lower back. Our dynamic instructor will coach you through functional exercises using your body-weight, medicine and stability balls and BOSU.

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