

## **CLASS DESCRIPTIONS:**

**AB ATTACK:** a brief, but intense time to train and sculpt the abdominal muscles. great if you're pursuing a washboard stomach!

**AEROBICS 101:** a lower-intensity cardiovascular class with an emphasis on basic movements, strengthening & stretching. senior adults, pregnant and post-partum women, and beginners may find this class to be a great choice!

**BOSStep:** a combination workout on the BOSU balance trainer and the step. you'll have fun as you work your balance, heart, and core! please wear good athletic shoes and bring a towel.

**BOSU classes:** cardio, leg, and core training – all on the BOSU balance trainer! a fun combination to train the body as you train your balance. please wear good athletic shoes and bring a towel.

**CARDIO CORE:** a high-intensity combination of cardio and core training using weighted balls, steps, and floorwork. for those who have been participating in core training classes and have a "base" of strength.

**CARDIO JAM:** a super-fun blend of dance (minus the choreography) with all your favorite music, and kickbox moves!

**CORE & CONDITIONING or CARDIO, CORE & CONDITIONING:** a multi-level-to advanced mix of strength training and core training. some classes add the option of an athletic-style cardio as well...get it all in this fun multi-level format!

**CORE TRAINING:** strengthening, sculpting, and toning for the primary torso muscles: the abs, lower back, shoulder girdle, and hip. it's a great way to strengthen the main muscles of the abs and back, and those smaller stabilizing muscles as well.

**FLEXIBLE STRENGTH:** a much-needed time to improve flexibility, strengthen muscles, and help protect the body from injuries. It is also a great time to relax and re-focus on the Father. set to awesome praise music. shoes are optional.

**GLIDING:** toning and sculpting including squats, lunges, and leg lifts, push-ups, etc.... using the gliding disks for a more effective workout!

**INTERVAL SCULPTING:** a version of our interval training class that focuses slightly more on sculpting.

**INTERVAL TRAINING:** the total workout, blended into one class! alternating bursts of cardio and weights (sculpting) create a class that trains your heart, as well as all of the

major muscle groups! like body blast, this class is multi-level.

**KICKBOX:** an interval cardio workout incorporating boxing/kickboxing techniques and using box equipment. no coordination necessary in this class. just be ready to work, workout, and have fun! includes sculpting moves, power, abs.

**MUSCLE SCULPTING:** resistance training classes to challenge each muscle group. similar to flex classes, but with dumbbells. a great way to sculpt & tone those muscles!

**PILATES:** strengthening and stretching based on the Pilates method. focusing on the core (torso) muscles, this class is very multi-level...anyone can come enjoy this workout! shoes are optional.

**PILATES/FLEXIBLE STRENGTH:** an awesome blend of two workouts that complement each other: pilates and flexible strength. shoes are optional.

**POWER CYCLE:** a low-impact, time efficient, intense workout on our Keiser power pacing bikes. all classes are multi-level; if a class is more advanced, it will be labeled as such. be ready for a massive calorie burn! cycling shoes are optional; please bring water & a towel.

**POWERFLEX:** the ultimate muscle toning workout! sculpt, shape, and build great muscle tone in this awesome total-body workout. to make lasting changes in your body's shape and strength, weight training is the key, & this is the most exciting & efficient way to get it done! (also see fastflex.)

**SPIN-n-SCULPT:** a fun, intense combination of cycling and sculpting, all in one class! multi-level—please go at your own pace. this is the total workout all in one. be prepared to sweat!

**SPIN, SCULPT, & SPAR!:** similar to spin-n-sculpt, with added upper body with boxing arms. an intense blast!

**SUPERFLEX:** PowerFlex turned up a notch! a powerflex workout with awesome cardio intervals in-between. multi-level, but the ultimate workout!

**SPEED STEP:** a fun-filled high-intensity workout utilizing the step...similar to step-in-line, but a shorter time frame.

**STEP-IN-LINE:** step using multiple benches! you move a lot, burn calories, and have fun! it is more choreographed, & not advised for beginners.

**XPRESS CLASSES:** all xpress classes are a shortened version of a workout. get your cardio/weights done fast!

ZUMBA: a super-fun dance-based workout with a Latin flair! great for all levels, and part of our Mid-Week Bible Study series!

## **FLC CLASS POLICIES**

1. Observe the dress code: full-length shirts, bike shorts (spandex) and loose shorts, or pants, and ALWAYS wear your name tag. In classes, please refrain from wearing perfume. Wear comfortable cross-training or other athletic shoes for fitness unless otherwise specified in the class description.
2. Do not enter a studio during a class unless you are participating in that class.
3. Children under grade 9 are not permitted in the studios without parent or guardian, and children under grade 6 should not be in the studios.
4. All equipment must be returned to its place, and only used when appropriate and supervised by an instructor.
5. Always inform the instructor when you are new to a class format; new students need to arrive a few minutes early for special instructions.
6. Always work at your own pace!
7. If you arrive late to a class, come in quietly and warm up on your own before participating fully (please try to arrive early for classes that require set-up).
8. If you must leave a class early, please be discreet—replace equipment QUIETLY. Also, be sure to cool-down and stretch before leaving the FLC.
9. It is advised to do a brief cardiovascular warm-up prior to a PowerFlex or FastFlex class.
10. PLEASE refrain from extraneous, one-on-one conversations during class.