

LIQUID LEVELS This aqua class focuses on 3 different 'liquid levels' in the pool, all derived from specific movement unique to the water; rebounding, neutral and suspended. Expect a blend of cardio, strength and balance for a well-rounded workout. All fitness levels are welcome.

H2O FIT Water is a wonderful environment for exercise. This class provides the healthful benefits of cardio and strength exercises while reducing the impact experienced on land.

AQUA ZEN: This mind-body practice in the pool includes yoga postures to improve stability and balance. Calm your mind and ease stress in this gentle aqua class. All fitness levels are welcome.

POWER YOGA* A vigorous, fitness-based class guaranteed to build strength and endurance. This Vinyasa flow emphasizes muscle building and flexibility training through yoga postures and concludes with gentle stretching and mindful breathing.

HATHA YOGA* This class begins with a slow flow of postures, then moves into a variety of sequences designed to promote joint health. The practice concludes with a restorative series of deep, relaxing floor postures and breath exercises designed to promote relaxation and a sense of balance and well-being.

YOGA FLOW* This class introduces more challenging aspects of the Vinyasa practice. The flow of yoga postures encourages muscles to strengthen and lengthen; all a with mind body focus for improved wellness.

QI GONG This ancient practice improves mental and physical health by integrating movement, breathing techniques, and focused intention. Qigong serves as a great introduction to Tai Chi and will increase flexibility, energy and connect to mindful movement.

TAI CHI Integrate your mind and body emphasizing breath and mental focus. Tai Chi is well known for its healthful support of strength, flexibility and balance. Quiet your mind, reduce your stress and enhance energy.

ZUMBA* Zumba's high energy music blends the rhythms of salsa, meringue, cumbia with reggae ton and hip hop to bring you a dance style cardio workout like never before.

ZUMBA* TONING Zumba Toning combines body-sculpting exercises with high-energy Zumba dance moves. Use lightweight, maraca Toning Sticks to enhance rhythm and tone muscles. Toning Sticks are not required to participate

POWER KICKBOX Challenge and improve your strength, flexibility and stamina in this fast paced kick box workout. Instruction focuses on proper technique and routines include strength training, punching and kicking drills using striking pads and shields.

CARDIO REWIND Rewind the moves and rev up the workout! This 'blast from the past' cardio class features low-impact aerobics and finishes with some simple toning and stretching exercises. Low on impact but high on energy, this cardio challenge will get your heart pumping.

STEP REWIND Step aerobics is back! Turn back time and 'step' up to this energizing cardio workout. Simple, easy to follow, step aerobics exercise allows everyone to be successful. Step aerobics workout is followed by some simple toning exercises. Get set, step...sweat!

20-20-20 A high energy workout that gives equal time to cardio, strength and stretch exercises (20 minutes dedicated to each). This dynamic class is dedicated to improving all the components of fitness.

MUSCLE MIX Challenge muscular strength, endurance and balance through a variety of exercises incorporating dumbbells, resistance tubes, platforms & other small apparatus.

POWER PUMP A barbell training class designed to build strength and muscle. With the ability to change the resistance load quickly, this class will not only build muscle it will burn fat.

BOOTCAMP A low impact, high energy, total body workout! Bootcamp uses body weight exercises and a variety of equipment to increase strength and burn fat. Class concludes with a 5 minute, full body stretch; floor exercises will be included.

POWER CYCLE A interval style, cardiovascular workout on indoor Spinning® bikes. Instructors coach you on various road profiles. New students are advised to arrive early to get fitted on a bike properly.

BEAT This hybrid fitness class uses drum sticks to pound out the 'beat' and work up a sweat! In addition to drumming you'll fire up your muscles for a stronger leaner body using various pieces of equipment. Class concludes with a full body stretch; floor exercises will be included.

**Aqua Classes limited to 25 participants, when necessary sign-in is required at the front desk one hour prior to class start time.*

**Mats are limited. It is recommended to bring your own.*

F.I.T.

Functional Integrated Training

Small Group Training

TRX* TAKE OFF This small group training is perfect for the TRX newcomer. This workout is based on a method of suspended body weight exercises leveraged against gravity. With specialized straps anchored to a suspension point, you can easily adjust the resistance to tailor a workout specific to your needs and goals.

TRX* TURBO This next level of TRX training presents a faster paced workout with exercise progressions of greater intensity. It is highly recommended that participants in this small group training have prior TRX experience.

TRX* HEALTHY JOINTS This specialized TRX training is perfect for the active ager wanting to improve strength, flexibility and balance. TRX provides exercise assistance, enabling the user to gain success. This small group format ensures personal attention to support safety and proper execution for maximum results.

X-CAMP (CROSS-CAMP) This high intensity, interval style workout incorporates elements of strength, agility and conditioning into a small group training format. Each session blends circuits of cross training and Bootcamp style exercises that focus on quantifiable repetitions and, or

timing of your strength and cardio sets. Designed to burn fat and build muscle this workout promises a varied mix of functional training under the direction of a personal trainer.

HIIT WAVE Interval training at its best! This circuit style workout incorporates WaterRower® machines to provide an extreme interval challenge. Rowing, along with muscle building and fat torching circuit stations will get you results and fast.

POWER BARRE Power Barre is a ballet inspired workout that fuses serious strength and graceful movement. This challenging session incorporates ballet barres and one pound exer-balls. Build long, lean muscles while improving core strength, posture and balance. Expect plenty of training for the entire body with a core-centric focus.

**F.I.T. Sessions are fee based. See front desk, F.I.T. brochure, or visit RanchFitnessSpa.com for package rates.*