THE RANCH
www.TheRanchFitnessSpa.com

Group Fitness

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.

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.

PILATES Learn core strengthening techniques that improve balance, flexibility and mobility. This class includes floor and standing movements aimed at improving overall posture and pain management.

STRONG BY ZUMBA® Take your workout to the next level and get STRONG! This class focuses on exercises made to match the beat of music using body weight, muscle conditioning and cardio... no more counting repetitions! Combinations are provided at various fitness levels to maximize the calories burned and redefine your body.

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 BLAST® BLAST out of that same old workout you've been doing with this dance inspired cardio and toning class. Move and groove to Latin rhythms with intervals of high energy Zumba dance and exercises that tighten and tone. Have a 'blast' at the fitness-dance party!

20-20-10 A high energy workout that gives equal time to cardio & strength (20 minutes dedicated to each) and finalizes with 10-minute stretch. This dynamic class focuses on improving all the components of fitness.

AM ENERGY This 'wakeup workout' is a great way to energize your morning! AM Energy efficiently packs in total body conditioning for improved strength and endurance. Get lean and mean through intervals of cardio and muscle building drills. All fitness levels welcome, the exercises are easily modified, class concludes with a stretch to start your day feeling great.

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

BENCH BOX & BURN Step Aerobics and Kick Boxing are combined for a dynamic cardio workout. The class is equally divided between step drills and heart pumping punches and kicks. Class concludes with core and flexibility training.

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.

MOVE TO IMPROVE: This exercise class is designed to improve the symptoms associated with Parkinson's disease specifically; strength, balance, multitasking and vocal volume. This program welcomes all those with PD or any type of movement disorder.

SMaRT Active Agers get SMaRT at The Ranch! Improve stability and mobility through resistance training and reduce your risk of falling. SMaRT programming incorporates both seated and standing exercises. A variety of equipment will be used to improve strength, confidence, and quality of life. Get SMaRT to get strong!

SOLE STRENGTH Bare your 'soles' for an energizing barefoot work out! Sole Strength fuses low impact movement with strength and balance exercises. This workout is crafted to build endurance, strength and improve flexibility.

**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. Small Group Training

Functional **I**ntegrated **T**raining

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® 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.

TRX FLOAT & FLEX TRX Float & Flex will improve core stabilization, range of movement and overall mobility; feel better and move better! The TRX Suspension Trainer is a brilliant tool for training both flexibility and mobility. TRX provides balance support and offloads body weight; this enables the user to execute the movement more precisely resulting in greater outcomes. TRX Float & Flex will improve core stabilization, range of movement and overall mobility; feel better and move better!

TRX-TREME TRX-treme is the newest evolution of TRX training at The Ranch! This heart-pounding hybrid of suspension training combines kettlebells, BOSUs and barbells for an accelerated, high intensity challenge. TRX-treme uses timed intervals for a metabolic workout that builds core strength, endurance and athletic performance. Train like the pros; take your fitness from average to elite.

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