THE RANCH
FITNESS CENTER & SPA

GROUP FITNESS CLASSES

RANCH STUDIO

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.

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.

G.R.I.T (Get Real Interval Training) is a full body conditioning workout. Moderate to high intensity exercise intervals focus on strength training and are paired with cardio bursts. G.R.I.T and determination will get you fitness results fast!

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.

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

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.

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.

RESTORATIVE YOGA* This practice will help to rebuild and recondition the body. This 'rest and digest' approach to yoga calms the parasympathetic nervous system. Activate your breathe and relax with intention. You will be fully supported as you gently lengthen your body. This mind body experience relieves tension, and supports wellbeing.

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.

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.

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.

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 This class 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..

SPIN STUDIO

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.

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.

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.

POOL

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.

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.

**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. with TRX®
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® HEALTHY JOINTS I This specialized training is perfect for the TRX® newcomer or those seeking a gentler approach to suspension training. Healthy Joints I supports active aging by building strength and improving flexibility and balance. TRX® provides exercise assistance, enabling the user to gain success. This small group format ensures personal attenttion to support safety and proper execution for

TRX® HEALTHY JOINTS II This session is the perfect progression for those with experience and success in Healthy Joints I. You can expect a higher level of challenge with regard to training strength, flexibility and balance.

X-CAMP This high intensity, interval style workout incorporates elements of strength, agility and cardiovascular conditioning. These cross training circuits blend TRX® 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®-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 Ranch Reception, F.I.T. brochure, or visit RanchFitnessSpa.com for package rates.*

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