

iNLeT Fitness Group Fitness Descriptions

The goal of iNLeT's Group Fitness Program is to provide you with professional instruction, a safe, effective, well balanced, and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and mind-body awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for the beginner, intermediate, or advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free. Remember, when participating in any class; always go at **your** own pace.

Questions or Feedback? Please contact our iNLeT Fitness Group Fitness Director, Laurie Reed: lauriereed@inletfitness.com

Bars & Bells - Dumbbells/Kettlebells & Bars! Strength training necessities! *Total body workout, cardio intervals involved.*

BOSU Boot Camp – Take the BOSU to the next step!! Traditional BOSU exercises incorporated with basic to advanced moves with the ball, body bar, medicine ball, weights, bands and more! Work your strength, balance and core stability!

Cardio BG - Make your workout count in this class comprised of intervals of various cardio with a killer butts & guts workout!

Chisel - A total body lifting experience that improves your muscular endurance, tone, and definition. Weighted plates and bars are used. ***CARDIO CHISEL incorporates intervals of cardio conditioning to get that heart rate back up!**

CKB – Cardio Kick Boxing! Kick your heart rate into high gear with this interval training, boxing inspired class!

Cycle Spin* - Ride like a cyclist. Resistance, climbing, cadence, intervals, pace lines & sprinting. Experience an outdoor ride inside. All levels welcome.

Dance Bootcamp – High energy, dance fitness class with popular music, which incorporates rhythmic, weighted sculpting. PARTY!

Fast Fit 45 – This class is open for ALL levels of fitness! Timed circuits and core work allow you to move as fast you desire, at YOUR own pace! Forty-five minutes allows you to get in and out with a BIG sweat! Total body workout!

Functional Fit – Push, Pull, Press..YES! A happy medium between our cross training and chisel classes. ALL levels welcome!

H.I.I.T-High Intensity Interval Training - an enhanced form of interval training, alternating periods of short intense anaerobic exercise with short recovery periods.

IXT, INDOOR CROSS TRAINING- Strength, plyometric, cardiovascular training and more! Open for all levels.

Level Up Spin*- A high energy ride that utilizes the MyZone monitors, as well as RPMS, to LEVEL UP your ride!

MIXXED Fit – MixxedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive– all of our movements are always big, exaggerated, full-out, and our very best!

Outdoor G.I. Jane***– Finally a boot camp designed especially for our iNLeT ladies! Venture outside for running and boot camp drills!! No worries, no long distance running, and no experience needed. ALL levels welcome. Let's get outside and play. ☺ Dress accordingly. Weather permitting. **Boys are welcome!!**

OXT*** - This awesome outdoor cross-training class moves you through intervals of cardio & weighted resistance. Plyometrics, drills, and strength stations utilizing ALL iNLeT's outdoor strength-building toys! Battle ropes, tires, kettle bells, jump ropes, pull-up bars, etc. Come play!

Power Sculpting*- non-impact conditioning course designed to enhance muscular fitness, balance, and improve overall body composition. We will be using resistance equipment (Olympic Bars, Dumbbells, Kettlebells, Resistance Bands) to sculpt and define muscles. All members must bring in their log book to record progress. ***Reservation required***

Ride + Lift* – Get a 45-50 min SPIN session in, followed by all the weights! Burn out!!

Sculpt Squad: Sink into 60 minutes of sculpting to the beat of high vibe music. Create long, toned muscles with a combination of cardio blasting micro-movements. Total body workout, all levels welcome! Low impact!

Spin* - Start pedaling and let go as your instructor takes you on the ride of your life! This class is an incomparable aerobic workout that uses a specialized stationary bike in a group setting. Perfect for the fitness enthusiast of all types and levels.

Spin 30 & Spin 45* - Not a lot of time? No worries, we have you covered with our 30 and 45-minute spin classes. Don't be fooled...they are still INTENSE!

Spin 30 & Arms*- Join Laurie in her signature dance party spin style class. 25 minutes of exhilarating heart pumping spin that will incorporate (optional) handle bar/upper body work while you pedal. Class concludes with standing light weighted small isometric bicep, tricep and shoulder exercises and followed by stretch. Great for ALL levels!!!

Spin Beats: This high intensity interval spin class is driven by the beat of the music. Class includes weights while on the bike to tone your upper body, push-ups and press-ups. You'll burn calories and get sweaty all while rocking out to your favorite tunes!

Spin EDM*: This moderate to advanced SPIN class uses Electronic Dance Music (EDM) to queue the pace of the ride. Every second of the ride is scripted to either the upbeat or the downbeat of the music. Riders can expect to work in sets, intervals, and race type scenarios. Turn your brain off and let the music guide your feet to this 60 minute sweat fest. Not for beginners.

Spin Intervals* – Enjoy intervals of SPIN! Also using resistance work, utilizing: bands, dumbbells & body weight off the bike.

TABATA® - A method of exercise consisting of intervals completed in a span of time: 8 rounds of 20 seconds of all out max effort followed by 10 seconds of rest. Sound like fun?

TBG – Thighs, Butts & Guts - LOW impact! Using body weight or light weights, with high reps!

TRX Intervals*- The TRX Suspension Trainer will improve and challenge your core stability and overall strength. Other equipment will be utilized in class for interval training to maximize your effort and increase your heart rate. Reservation required!

VIRTUAL RIDE* - Take a seat in our SPIN Studio and allow our MYZONE monitor to take you through a SPIN class!

ZUMBA® – When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to **high-energy Latin and international beats**. Before participants know it, they're getting fit and their energy levels are soaring!

Reservation required for all Spin Classes + Sunday Power Sculpting Class

Please call the day before or the day of to reserve your spot. Spin instructors will have a roster of class participants. No more than one person may sign up per phone call (unless in same household). Check-in at the front desk and receive a chip after verified that your name is on the reservations sheet. The instructor will collect your chip before class begins. **We ask that you arrive five minutes prior to the start time of class. Please keep in mind that class begins promptly at the start time and if you are late, your reservation may be given away.**

*Reservations required

** Class is 90 minutes long

***Class is weather permitting