



# BACK BAY FITNESS

## CLASS DESCRIPTIONS

### Absanity:

A 15- minute class packed with plenty of moves to strengthen your abs, trunk and posture.



### Barre:

Barre is a toning, body weight, lifting workout inspired by ballet, yoga, and pilates.



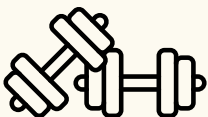
### Core & Stretch:

During this class individuals will get a full body stretch using movements that will increase flexibility, decrease muscle tension, focus on core strength of lower back and abdominal muscles, and help improve muscular balance.



### Curls n' Crunch:

Curls n' Crunches will combine the best of strength training with additional core and glute work at the end of each class. Expect to challenge your body and mind through various strength exercises and absolute absanity!





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### Functional Strength:

This class emphasizes strengthening, stretching and balancing your muscles to improve everyday movement patterns like walking, lifting and climbing stairs. It is also an excellent overall body sculpting routine.



### Hard Core:

An intense 15-minute class that targets the muscles of the torso, including abs, back, and glutes to improve stabilization of the body through various movements.



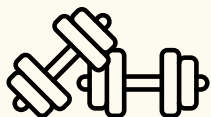
### HIIT:

High Intensity Interval Training (H.I.I.T.) at its best. Class includes short, high, intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning.



### Lunch Spin & Crunch:

Lunch Spin & Crunch is the perfect lunchtime fitness class! This class offers a mixture of heart-pumping cardio followed by isolated core exercises off the bike. Expect 30 mins of spin and 15 mins of core!





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### Intense Intervals:

This class includes strength and cardio stations performed time based in a circuit. Be prepared to test your body through an array of movements using different pieces of equipment and accessories.



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### Stretch & Meditation:

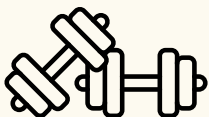
If you need a break from your desk and a quiet moment to yourself, then look no further! During the midday reset, expect some light stretching followed by a guided meditation designed for you to take what you need.



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### Morning Grind & Morning Insanity:

Morning Grind and Morning Insanity will combine the best of cardiovascular and strength training. Expect to challenge your body and mind through timed exercises using free weights, barbells, kettlebells & more!





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### Pilates

Mat Pilates is a system of controlled exercises that engage the mind and condition the total body. Pilates focuses specifically on the core (abdominals and lower back) and helps to promote flexibility and stability.



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### Power Express:

A high intensity workout that changes on a regular basis. The class is a mix of aerobic/anaerobic, cardiovascular and muscular drills.



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### Spin HIIT:

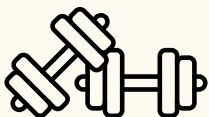
Spin HIIT combines all the elements of a traditional spin class with High-Intensity Interval Training. Come prepared to sweat!



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### Spin Warriors:

Spin Warriors has something for everyone! Expect a heart-pumping class with a great mix of endurance and strength all to the beat of the music.





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### Yoga:

Yoga classes for everyone! Stretch, move, and refresh yourself with our virtual or hybrid vinyasa classes.



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### Zumba:

This class features aerobic/ fitness interval training with a combination of fast and slow rhythms that sculpt the body. This is a fun and easy to do class that is open to all fitness levels.

