

# Class Descriptions

\*\*\*\*\* **TO SEARCH OUR SCHEDULE BY CLASS TYPE:** Please check out our website page here ...

<http://bethefitfriend.com/class-list>

\*\*\*\*\* **SPECIAL TIPS FOR MODIFYING:** There are SO many modifications! Always ask your instructor and DEFINITELY check out our amazing "Fitness FUNdamentalz" guides on our "I'm New" page! Found here:

<http://bethefitfriend.com/i-m-new>

\*\*\*\*\* **WE HIGHLY SUGGEST:** reading our comprehensive "what to wear/bring" doc ... Found here: <https://1drv.ms/b/s!AqPrzO7VcG-5gZYgAE0A0GoMzhkhRw>

\*\*\*\*\* **For TONS of info:** Check out the "I'm New" page for everything you need to know about registering, policies & more! Found here: <http://bethefitfriend.com/i-m-new>

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## BUTI HOTCORE

\*\*\*\*\* **WHAT TO EXPECT:** We slot 45 mins to facilitate instructional guidance, but the class itself is ~30 minutes with sets of WORK (INTENSE core activation, mostly spent in variations of "buti" plank (TUCKED UP)) and REST (yoga poses). You will drag your feet, both with the toes tucked under ("flex") and on top of the foot ("point") ... and you will be on your hands and knees without a Yoga mat, so READ BELOW about WHAT TO WEAR/BRING! The room will be no warmer than typical Buti and certainly not Bikram hot. We also **suggest reading the "Buti 101"** doc ... Found here: <https://1drv.ms/b/s!AqPrzO7VcG-5gZYQjTsVzDismPq2zw>. Note, it is **HIGHLY suggested you DRINK WATER BEFORE CLASS.**

\*\*\*\*\* **OFFICIAL VIDEO:** <https://butiyoga.com/pages/hotcore-sculpt>



## BUTI SCULPT

\*\*\*\*\* **WHAT TO EXPECT:** We slot 40-45 mins to facilitate instructional guidance, but the class itself is ~30 minutes of HIIT (high intensity interval training). It can be focused on 1 muscle group, or multiple – depends on how the teacher is feeling! There is only a brief warmup, hence the suggestion of ADDING this AFTER another class, but not required. In Sculpt you'll do 4 rounds of 5 sets of high and low intensity exercises, with a brief rest in-between sets. While traditional HIIT training uses low intensity at rest time, Buti Sculpt uses strategic yoga postures to prevent injury and facilitate muscle recovery. Unique buti-inspired timed (yes timed) moves are used during the high intensity intervals to maximize efficiency and burn! As always, highly suggest reading our "Buti 101" doc, expanded for HotCore & Buti Sculpt. Found here:

<https://1drv.ms/b/s!AqPrzO7VcG-5gZYQjTsVzDismPq2zw>

\*\*\*\*\* **SPECIAL TIPS:** PACE YOURSELF, and DON'T STOP! Even though this is ~30 minutes, TRUST US ... do NOT go for reps ... form is CRITICAL. Remember: SPREAD your fingers WIDE and keep your HANDS FLAT on the floor when in plank or table top, stay on the BALLS OF YOUR FEET when doing African dance/native footwork. NOTE: In Buti, plank is done with FEET HIPS WIDTH APART, not together. Modification for plank moves is table top/quad ped, working 1 leg at a time, NOT child's pose (unless you have to).

\*\*\*\*\* **OFFICIAL INFO:** Sculpt® builds long, lean muscle with HIIT (high intensity interval training). HIIT kicks the body into a heightened metabolic state + optimizes the body's ability to burn fat through maximum heart rate + maximum effort.

Sculpt® optimizes the body's metabolism, balances hormones + enhances cellular repair for up to 36 hours beyond the time of workout. Link:

<https://vimeo.com/45480884>



## BUTI YOGA

\*\*\*\*\* **WHAT TO EXPECT:** Buti Yoga is an intense physical and soulful blend of Power Yoga, Cardio-Intensive Tribal Dance, Muscle Conditioning and DEEP Abdominal Toning. It focuses on clearing away stuck energy and revitalizing the body while empowering female confidence, connection and freedom. Males are welcome! This class will truly change your life.



## FREE DAILY UNWIND - MEDITATION

Join us for a well-deserved, much-needed semi-guided meditation. Take the time to reflect on your day, heck, your life, and learn how to slow your brain and body down ... you'll never regret it.



## JUST DANCE!

\*\*\*\*\* **WHAT TO EXPECT:** JUST DANCE! Adult dance, for Dancers. This is not like any other class at Fit FRIENDzy Studios. Sure, there is fitness in dance, but this is not a dance fitness class. This is the dance you grew up with. The dance you, time and time again, tried to find as an "adult." Modern, lyrical, jazz ... who knows (note, Tap classes will be labeled as such due to obvious requirements). Beginners welcome, but this is not a beginner class. This is not where you'll learn "shuffle step" or repeat an 8 count 457 times before moving on.

Get ready for flashbacks to the good ol' days. Get ready to test your memory, stamina and free spirit. "Floor work," "combos, "5,6,7,8's" ... maybe even leotards. And definitely leg warmers. Welcome home Dancers, welcome home.



## PIYO

**\*\*\*\*\* WHAT TO EXPECT:** This is a low impact, body weight, interval training, cardio & strength phenom! No weights or bands or machines ... just YOU and your mat. Influenced by Pilates & Yoga, PiYo is one of the best well-rounded workouts out there for toning WHILE stretching your entire body!

**\*\*\*\*\* OFFICIAL INFO:** Join us for the Beachbody(r) craze that is PiYo(tm)! While inspired by moves from Pilates and Yoga, don't let the name fool you! Check out the official site:

[http://www.beachbody.com/product/fitness\\_programs/advanced/piyo-workout.do](http://www.beachbody.com/product/fitness_programs/advanced/piyo-workout.do)



**\*\*\*\*\* WHAT TO EXPECT:** POUND® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Through continual upper body motion using our lightly weighted drumsticks, called Ripstix™, you'll turn into a calorie-torching drummer, POUNDing off pounds as each song flies by. Rock, rap, dubstep, pop and old school music fuse to create the POUNDtrack series, not to be missed!

**\*\*\*\*\* OFFICIAL DETAILS:**

<http://www.poundfit.com/>



## STRONG BY ZUMBA

**\*\*\*\*\* OFFICIAL INFO:** MOVING IN SYNC WITH MUSIC MAKES YOU WORK HARDER. ZUMBA REVERSE-ENGINEERED SONGS TO MATCH THE MOVES AND INTENSITY. FINALLY, WE SAY!

This is NOT the incredible dance fitness phenom that Zumba® has been for over a decade, this is VERY different. minimal dancing, maximum interval training ... PERFECTION in a single hour. <https://www.strongbyzumba.com/>



## TOP H-IIT OFF

**\*\*\*\*\*WHAT TO EXPECT:** A FFS style TWIST on our favorite "Top it Off" class ... with the added bonus of HIIT (high intensity interval training)!!!! Get ready to sculpt AND sweat!!

Top it Off: ... "Top it Off" is the perfect complement to Tiff's "Tush & Abs" class, as well as many of our other classes!!! You can expect to play with ALL TYPES of equipment while we focus on Upper Body sculpting ... and boy will you LOVE IT!

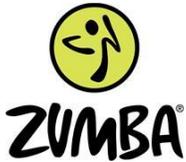


## TURBO KICK

**\*\*\*\*\*WHAT TO EXPECT:** Turbo Kick® - the fat-blasting, ab-defining cardio workout that is sweeping the nations health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

**\*\*\*\*\*SPECIAL TIPS:** Yes, Turbo Kick can be high impact. But YOU CAN MODIFY ANYTHING!

**\*\*\*\*\*CHECK IT OUT:** [www.youtube.com/watch?v=jnzML0sK\\_sU](http://www.youtube.com/watch?v=jnzML0sK_sU)



## ZUMBA

**\*\*\*\*\*OFFICIAL INFO:** THE ORIGINAL DANCE-FITNESS PARTY!!

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.



## ZUMBA SENTAO

**\*\*\*\*\*OFFICIAL INFO:** SIX LEGS WORK YOU HARDER THAN TWO.

By transforming your chair into a sizzling dance partner, the explosive Zumba Sentao™ program strengthens your core, torches calories and sculpts muscle. Revolutionize your cardio workout with targeted resistance training and exotic world rhythms in red-hot, never-before-seen ways.

Check out the website!

<https://www.zumba.com/en-US/party/classes/class-zumba-sentao>



## ZUMBA STEP

**\*note, this CAN be done without a Step!\***

**\*\*\*\*\*OFFICIAL INFO:** FORGET EVERYTHING YOU KNOW ABOUT “STEP”

Introducing Zumba® Step: All of the Step toning and strengthening for your legs and glutes. All of the Zumba® fitness-party fun you love. Check it out!

<https://www.youtube.com/watch?v=rLzGq3v9r1l>



## ZUMBA TONING

**\*note, this CAN be done without Toning Sticks!\***

**\*\*\*\*\*OFFICIAL INFO:** Rockin Party. Rock Hard Body.

When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast. Check it out!

<https://www.youtube.com/watch?v=Zznoph-PzvU>



**\*\*\*\*\*OFFICIAL INFO:** bootybarre® is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. We focus on proper biomechanics for a safe and well structured class that can be modified for any fitness level. check out their website here: <http://thebootybarre.com/>