

# Class Descriptions

## GROUP CLASSES

These classes are zoned in on high intensity interval training. The instructor will lead the class as a whole through either counting or a timed series. In these types of classes, you will stay in the same spot the entire class. Classes last 35-45 minutes.

## CLASSES

Figure 4, Kicked, Buns & Guns, Hercules, Strength Training, Strength Training 2.0, Studio<sup>2</sup>, TACS, Piloxing, Flex, Pound, Grit, Mashup, Step X, Arm Assault, Triple Fit, Tabata, The Nell, The Mal, The Flamingo, 10-100, Dirty 30, Minute on the Minute, The Fighter, Up and Down Bootcamp Mountain, 3.5, 500, Birthday Special, Lose the Turkey, The Plate

## FULL FLOOR CLASSES

These classes are a little more intense because you will use the whole floor to do exercise "trips". You will see things like sprints, lunge trips, burpee trips, 2 foot hop trips, etc. These are a little more self paced than the group classes. Here you may do 2 burpee trips in a set time compared to someone doing 4. We encourage you to go your pace in these classes, not keep up with someone else.

## CLASSES

Cardio Blast, Smash, Leg Crusher, Minute on Minute Full, Goal Crusher, KP Workout, The Funfetti, The Glutton, The Relay, Most Saturday Classes

## MACHINE BASED CLASSES

These classes use a little bit of equipment mixed in to the workout. You may get on the treadmill, rower, bike, or boxing bag. These classes keep you moving around the room and distracted from the fact you are "working out"

## CLASSES

Craze, CAP, Boxing, The Ellie

# Class Descriptions

## BOOTCAMPS

You will find a mixture of group classes, full floor classes, stations and machine based classes.

## FULL BODY CLASSES

Figure 4, Hercules, Studio<sup>2</sup>, Strength Training, Strength Training 2.0, Flex, Grit, Mashup, Step X, Triple Fit, Tabata, Low Impact, The Nell, The Mal, The Flamingo, 10-100, Dirty 30, Minute on the Minute, The Fighter, 3.5, Birthday Special, Lose the Turkey

## CARDIO BASED CLASSES

Smash, Cardio Blast, Craze, CAP, Piloxing, The Ellie, Minute on the Minute Full, Up and Down Bootcamp Mountain, Goal Crusher, KP Workout, The Funfetti, The Glutton, The Relay

## ARM/AB BASED CLASSES

Buns & Guns, Boxing, Arm Assault, 500, TACS

## LEG/BUTT BASED CLASSES

Kicked, TACS, Leg Crusher, Pound, The Plate

## LOW IMPACT CLASSES

Strength Training, TACS, Buns & Guns, Boxing, Pound, Piloxing, Low Impact



*We welcome any and all fitness levels. We want you to come to any class you choose and give us your best effort everyday. These workouts are proven to be extremely effective, all you have to do is show up!*

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