

HealthSPORT

Specialty Class Descriptions

FIT Club In Motion (GX) (\$) - Keep shedding the lbs. with advanced exercises & attention to your heart rate

FIT Club (\$) - Lose weight the right way! 12 Week Exercise and Nutrition programing with accountability, motivation and support.

HIIT (\$) - (High intensity interval training)

Bursts of intense exercises, increasing heart rate to burn max amount of calories

GroupX Class Descriptions

Boot Camp- Intense workout! Run, sprint, jump, kick box and weight train.

Body Blast Boot Camp - Strength based training boot camp, using body weight as resistance working through full ranges of motion.

Amped Boot Camp - Metabolic training w/ high intensity sports/plyometric movement to keep the heart rate high for max caloric burn.

Body Blast - Upbeat total body workout. Focus on muscular endurance, strength and balance. All Levels.

CardioSTRENGTH- Gentle aerobic movement, muscle & bone building exercises.
Focus on endurance & flexibility.

Cross Train- Constantly varied strength and conditioning program involving power, speed, balance, flexibility and stamina at high intensities.

Cycle Circuit- Fat burning cardio mixed with strength conditioning.

Cycling: - Fat burning cardio!

Kickboxing- Cardio workout with kicking & punching.

OsteoSTRENGTH - Strengthen & tone all major muscles to increase bone density w/full range of motion & slow controlled movements.

Step - Fat burning cardio on a platform - all levels welcome.

Strength Conditioning - Total body strength endurance conditioning.

Step Strength - Total body cardio workout w/weights, alternating with step choreography.

Youth Conditioning - Prepare for life learn basic movement skills and have fun. Ages 8 and up.

Youth Strength - Have fun building strength and endurance and learning new exercises.

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