

# Berkshire Nautilus

## Class Descriptions

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| <b>SERIOUS CYCLE</b>        | A Serious way to get into shape. Cycle with intensity to some great music and energetic instructors to lead the ride!<br>Don't forget your water and your towel!!!!!! Check the class schedule for the length of class.  |
| <b>BASIC WEIGHTS</b>        | This is a basic, old fashioned, head to toe weight training class. Class uses hand weights, and Body Bars  |
| <b>ALL ABOUT CORE</b>       | Focus of the class is to develop core strength using different modalities (Barre, Pilates, Yoga, Ball). Props will be used at the discretion of the instructor (bands, stability balls, etc)   |
| <b>CARDIO WGHTS/ SCULPT</b> | Cardio Weights is a functional fitness class using weights and other equipment (at the discretion on your instructor) with focus on maintaining a good aerobic base throughout the entire workout.   |
| <b>PILATES-MAT</b>          | This Pilates class is based on the original design of Joseph Pilates. The class is on the mat, with occasional additions of some standing Pilates exercises. Pilates Mat has a strong focus on proper alignment during these floor exercises. The entire body will work together to develop strength and flexibility.  |
| <b>ZUMBA/ ZUMBA TONING</b>  | Zumba is a fun and almost old time Latin style dance class. Every person gets to follow along at his/her best ability. The class is designed to increase your cardio as well as improve your overall coordination, and have a great time while you are doing so. There are several different types of Zumba classes; Toning will incorporate conditioning exercises into your Zumba routine. |
| <b>STRONG* by Zumba</b>     | This is a high intensity interval class with a focus on athleticism and conditioning. It takes the name Zumba out of the dance world and into the boot camp world.   |
| <b>YOGA PLAY (ages 4-7)</b> | Yoga Play is a 30 minute child's class with emphasis on movement, fun and interaction.   |
| <b>M.I.T</b>                | Mixed Interval Training in the MIT room, using cardio equipment at high intensity intervals, and weight training intervals.  |
| <b>CORE DE FORCE</b>        | This is an MMA inspired workout. Class is a mix of exhilarating boxing, kickboxing, and Muay Thai combinations mixed with fat blasting cardio and bodyweight moves that will help you zero in on stubborn belly fat and will help you carve whole body definition.   |
| <b>YOGA</b>                 | Different styles of Yoga may be taught at the discretion on the instructor. Check class schedule for length of class, which will be one hour unless otherwise noted.   |
| <b>BOOT CAMP</b>            | Boot Camp is a high intensity, functional fitness workout. You will circuit train, moving around from stations, and completing challenging segments as you go  |
| <b>HIIT</b>                 | High Intensity Interval Training is a class with short and very intense, all out bursts of interval training followed by short intervals of rest   |
| <b>CARDIO/SCULPT</b>        | Cardio/Sculpt is in the MIT room. The class will alternate between 10-12 minutes of cardio and segments of weight training using Body Bars and hand weights.   |

**RESERVE YOUR BIKE FOR SERIOUS CYCLE**  
**SIGN UPS BEGIN 11:45 THE DAY BEFORE CLASS**  
**BRING WATER AND A TOWEL FOR A GREAT WORKOUT!!**