

# BN Studio

## Class Descriptions

<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! 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>STRETCH AND STRENGTHEN</b>	This is not just a stretch class, but one which will focus on stretching AND strengthening while learning the proper technique for each exercise
<b>CARDIO WGHTS</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>BOOT CAMP 101</b>	Boot Camp for beginners! If you've ever wanted to try Boot Camp but were a bit afraid, this is the class to take. The class will be broken down to teach you how and to learn to modify movements if necessary. You advanced Boot Campers can come in too and still get a great workout!
<b>M.I.T</b>	Mixed Interval Training is held in the MIT room. Class will be on a mix of cardio equipment at high intensity intervals with segments of weight training intervals.
<b>SCULPT</b>	Sculpt is a weight training class focusing on muscular endurance, strength and technique.
<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>CARDIO/SCULPT</b>	Cardio/Sculpt is in the MIT room. The class will be a mix of cardio on the machines and weight training using Body Bars and hand weights. Design of class will vary from week to week.

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