

RFC GROUP CLASS DESCRIPTIONS

Athletic Conditioning - cover all the fundamental movements associated with athletics

Bridge - designed to "bridge" the gap between rehab due to injury and/or illness to community workouts.

Cali Strength - use body weight and calisthenic exercise to promote strength and body awareness while mastering calisthenic movement skills.

Endurance Fitness - use body weight and resistance training to enhance cardio and muscular endurance by developing strength and elevating your heart rate over long periods of time.

Foundational Strength - designed to build strength, making everyday activities easier to manage without injury.

PilatesFlex - works your muscles to the point of true fatigue. Moving your body mindfully and conscientiously will result in increased core strength and flexibility.

Pillars - workouts are designed to focus on fundamental movements, or pillars, that the human body is meant to perform. Everyone works at their own pace and at their own strength levels.

Power and Speed - designed to enhance reaction time by using fast, explosive movements and quick changes of direction to train the immediate energy in the body.

Regeneration - lengthens the body and uses body weight as a means of resistance resulting in the regeneration of muscles and mobilization of joints.

Tabata - high-intensity interval training (HIIT) with repeated 8 rounds of 20 seconds each of hard work followed by 10 seconds of rest.

Wild Card - designed to be fun, challenging you to use skills you have learned all week in your other classes.