RFC GROUP CLASS DESCRIPTIONS

Athletic Conditioning - covers all the fundamental movements associated with athletic skills such as hopping, jumping, change of direction, and reaction time.

Endurance Fitness - uses body weight and resistance training to enhance cardio and muscular endurance developing strength and improving cardiovascular fitness.

Foundational Strength - builds full body strength, making everyday activities easier to manage without injury.

Move Your Body - develops strength, balance, coordination, mobility, and confidence through simple yet effective movement challenges—using little more than your own body and a willingness to explore what it can do.

Pillars - explores and creates a foundation of movement based on the 5 pillars of human movement: pressing, pulling, level changes, rotation and locomotion while working at your own pace and strength level.

Postural Realignment - uses movement with awareness, restores your body's natural balance, and builds a pain-free, aligned foundation—so you feel stronger, healthier, and more at ease in your body.

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

Regeneration - uses body weight for resistance and lengthening resulting in regeneration of muscles and mobilization of joints.

Tabata - uses High-Intensity Interval Training (HIIT) with repeated 8 rounds of 20 seconds each of hard work followed by 10 seconds of rest. Exercises are full body and include both cardio and strength training.

Tool Time - uses specific exercise tools to explore and teach movements that will evaluate your strength with precision.

Wild Card - uses skills taught all week in other classes to create a trainer's choice workout.

OLD as of Jun 28, 2024

RFC GROUP CLASS DESCRIPTIONS

Athletic Conditioning - covers all the fundamental movements associated with athletic skills such as hopping, jumping, change of direction, and reaction time.

Bands and Balls - uses a variety of bands and balls to provide a thorough, full body workout.

Bridge - is a transition from medical care, due to injury, surgery, and/or illness, to community workouts.

Endurance Fitness - uses body weight and resistance training to enhance cardio and muscular endurance developing strength and improving cardiovascular fitness.

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

PilatesFlex - a blend of relaxation and excitation with a blend of flexibility and Pilates based movements.

Pillars - explore and create a foundation of movement based on the pillars of human motion: pressing, pulling, level changes, rotation and locomotion. You will work at your own pace and strength level.

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 - uses body weight for resistance and lengthening resulting in regeneration of muscles and mobilization of joints.

Tabata - is High-Intensity Interval Training (HIIT) with repeated 8 rounds of 20 seconds each of hard work followed by 10 seconds of rest. Exercises are full body and include both cardio and strength training.

Tool Time - uses specific exercise tools to explore and teach movements that will evaluate your strength with precision.

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