

## RFC GROUP CLASS DESCRIPTIONS

**Aerobic Zone** workouts are designed to increase your cardiovascular endurance while monitoring your heart rate every 12-15 minutes and find your ideal maximum heart rate for aerobic training. Chose from treadmill, bike, rower, or any other piece of cardio we offer. You get to pick your poison for this class!

**Athletic Conditioning** workouts are designed to cover all the fundamental movements associated with athletics, including speed, agility, quickness, reaction time, flexibility mobility, strength and coordination.

**Bridge** workouts are designed to "bridge" the gap between rehab due to injury and/or illness to community workouts. Everyone works at their own pace and level with high level instruction and guidance to ensure proper movement mechanics and exercise form. This is our Goldilock's workout - not too hard, not too easy, just right for every BODY.

**Endurance Fitness** workouts are designed to 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** workouts are designed to build strength making everyday activities easier to manage without injury.

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

**Regeneration** workouts are designed to lengthen the body and use body weight as a means of resistance resulting in the regeneration of muscles and mobilization of joints.

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

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