CLASS DESCRIPTIONS



**Piloxing Knockout:**

Piloxing Knockout taught by **Adrienne Burks** is a 30 or 45 minute workout influenced by plyometrics, sports conditioning drills and functional training. This class will start with a warm-up followed by 6 rounds of three minute base and 2 minute drills. The “bases” are choreographed moves that are synchronized and the “drills” are sport-styled moves. Between each “base” and “drill” there is a 1 minute “drill-prep” where Adrienne will show the drill and also show an amped up version of the drill. After each round there will be a 45 second active recovery. Each class will also have a 2 minute cool down.

**Intro to Lifetime Fitness:**

Want to learn how to get in the habit of exercising and learn how to make exercising a lifelong habit? This beginner level class taught by **Ethan Head** is the class for you. The class will consist of high repetitions with low weights. This is not an advanced weight class; it is for anyone who wants to learn proper techniques while getting a good workout in. No matter your level of skill, everyone is welcome.

**Yoga:**

Instructor **Chelsea Slack** offers a Yoga class that typically burns 600+ calories while listening to a mix of relaxing tunes and upbeat cardio/power tracks. Yoga is a fantastic way to improve your balance and flexibility. This class will feature Power Yoga, Tai Chi, Pilates, Cardio and Bodyweight Strength Training.

**Zumba: Instructor Elizabeth Ray**

Perfect for Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.  
How It Works:  
We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.   
Benefits:  
A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Crossfit: Instructor Michael Bean**

This class will consist of a constant variety of workouts with functional movements at a high intensity level. Class will vary in length, ranging from 10 minutes to 30 minutes. Crossfit methodology is designed so anyone can do it all. We will not have the traditional crossfit gym, but will work with what we have at the MAC. Everyone in this class will begin at the workout at the same time; however everyone goes at their own pace.

**Self Defense for Men and Women:**

Self-Defense for men and women taught by **Tyler Gentry** and **Trent Coffman** will be a one hour segment of self-defense instruction along with cardio workouts so that anyone who attends this class will gain the knowledge and skill to properly defend themselves.