

# Group Fitness Class Descriptions

As of December 1, 2018

*Building a Community of Wellness*

**Barre** - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music.

**Barre Express** - The perfect option to get a great burn in quickly and effectively.

**BodyPump/Les Mills** - The athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. Designed for all ages and fitness levels.

**BodyPump Circuit** - Best of BodyPump and interval training.

**Cardio Kick** - Cardio Kickboxing is an intense workout combining martial arts, boxing and cardiovascular movements to give you the results you desire.

**Cycle** - "Let's ride"...You control the bike's resistance from slow hill climbs to sprinting speed work. Increase endurance, up your energy, burn major calories, and jump-start your metabolism. It's a cardio class without comparison!

**Cycle Circuit/Sculpt** - Best of both worlds; cycle and strength training. This is an excellent cross-training class for all skill and fitness levels.

**Cycle Express** - Rev it up and burn some calories fast in this rapid cycle class.

**Get Pumped** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Pump it up!

**High Intensity Interval Training (HIIT) Kickboxing** - Intense interval training combined with explosive kickboxing moves, which deliver dramatic changes and rapid results.

**Joyful Movement** - A combination of Tai Chi and Yoga with easy to follow stretching that will increase your flexibility & balance, increase strength & body awareness, and rejuvenate the mind and body.

**Low Impact** - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow low impact workout!

**Pilates** - Transform the way your body looks, feels and performs with a Pilates class. Pilates improves flexibility, agility and economy of motion. It builds strength without excess bulk, creating a sleek and toned body.

**Pilates Barre Fusion** - A fun, energetic, workout that fuses Pilates with Barre work for total-body conditioning, geared for all fitness levels. This fusion style class will sculpt your body, focus your mind, add flexibility, balance, and improve overall fitness.

**Pound** - Pound is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

**SilverSneakers®** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work SilverSneakers equipment is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

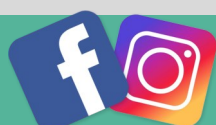
**Step Circuit** - Combines simple, heart-pumping step routines with sculpt training intervals to give you a total body workout. This is an excellent cross-training class for all skill and fitness levels.

**Super Sculpt** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Work hard and have fun.

**Yoga** - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life.

**Zumba®** - Ditch the workout and join the party! Class features exotic rhythms set to high-energy Latin and international beats. It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party!

Monday - Friday: 6:00 am - 10:00 pm  
Saturday - Sunday: 7:00 am - 4:30 pm



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