



STEAMBOAT FIT

Group Fitness Class Descriptions

Barre Fusion*: This Barre class will emphasize a deep core connection and will include exercises that will tone, stretch, and elongate your muscles. Correct spinal alignment, neutral pelvic placement, and constant awareness of the core as a stabilizer will be the foundation of this killer full body workout.

Dirty30*: This 30-minute class is the ultimate in weight lifting. We will focus on low reps, heavy weight to increase muscle mass. Lift weights at a slow and controlled paced while focusing on form to get amazing results!

Dirty30 & Butts/Guts*: This 60-minute class incorporates 30 minutes of Dirty30 followed by 30 minutes of core and glute work. This is the ultimate combo!

Dirty30 & Tabata: This 60-minute class incorporates heavy weight lifting with tabata cardio between each weight set!

Full Body Strength: This high energy class focuses on strengthening and toning your entire body. Dumbbells, resistance bands, balls, benches, and butt bands will be used to leave every inch of your body feeling strong.

Functional Core Strength*: Condition your core for better stability, posture and everyday function. Focusing on low- and no-impact exercises that strengthen shoulders, chest, abdomen, glutes, and back as you learn to control your body's balance and improve core stability and overall mobility.

Functional Circuit Training*: This class is a strength and cardio circuit geared towards active older adults and those who are new to fitness classes. Exercises will focus on total body strength training, with an emphasis on improving balance, stability, and flexibility.

HIIT Class: High Intensity Interval Training, the ultimate cardio burn! Each week you will find a new and exciting format including traditional HIIT training, AMRAPs, and circuit training.

Mat Pilates*: Mat Pilates is a low-impact exercise class that works to strengthen muscles while improving postural alignment and flexibility. Pilates focuses on core strength and helping you move from your center.

Steamboat Fit Barre*: Steamboat Fit Barre is a low-impact class which combines pilates, yoga, and conditioning movements. This class will help you become more sculpted and will lengthen and lean your muscles.

Strength & Cardio: This class will focus on strengthening the entire body through slow, controlled movements. We will infuse cardio into the class while returning to full body strength training in between sets. This class is designed to complement your outdoor activities.

Zumba*: Zumba dance routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. This class is the perfect blend to leave you sweaty, toned, and energized!

**Indicates classes that are great for those who are easing back into an exercise routine.*

CLASSES IN THE STEAMBOAT FIT BOX

BURN: This endurance class is for all you cardio junkies out there who want to get your sweat on! This class is a total body, heart pumping, aerobic and strength training workout.

Row & Reps: Row and Reps is a high intensity, low impact, full body workout. During this 60-minute class, you will work through a variety of rowing and interval strength training sequences.

BUILD: This foundations class will teach you proper form and technique for lifting weights. Each class starts with a focus on one main lift, where you will work on perfecting your skill and form while reaping the benefits of the lift. You will then transition to completing two AMRAPs that focus on increasing full body strength. No cardio, all strength!

Strength: Strength class is designed to increase range of motion, improve form, build lean muscle mass and strengthen the entire body. During this class you will work your way through 3-4 different strength training stations, where you will perform a variety of strength exercises in an AMRAP format. Slow, steady and heavy is the name of the game in this class. You will utilize a variety of equipment such as kettlebells, dumbbells, barbell, resistance bands, and more.

BEAST: This 60-minute, functional fitness class consists of lifting or skill work, followed by a high intensity metcon (metabolic conditioning). The WOD will include elements of cardiovascular endurance, stamina, strength, power, and agility work. Any combination of running, rowing, biking, jump rope, gymnastics, and/or weightlifting movements will be incorporated into this workout.