



BOB'S GYM GROUP FITNESS CLASSES

ALL CLASSES INCLUDED WITH YOUR PRIME MEMBERSHIP

SEE MORE AT BOBSGYM.COM

KEY

E | EAST; **NB** | NEWBURGH
N | NORTH; **W** | WEST

CARDIO

Benefits: Improve cardio endurance, burn calories, boost metabolism, challenge total body functional fitness, and engage core mobility

BodyCombat® – 60 min -NB

Challenging for all levels. BodyCombat® is a high-energy martial arts inspired workout that is totally non-contact. Learn moves from karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast, and feel like a champ!

Bootcamp – 60 min – E, NB, N, W

Challenging for all levels. Get ready to sweat and have fun in a supportive and motivational team environment. Routines vary each class to keep your body at peak performance with a combination of traditional calisthenic and body weight exercises with interval and strength training. Equipment (all provided) may include: dumb bells, bars, balls, ropes, jump ropes, BOSU ball, platforms, TRX.

BoxFIT – 45 min - E

Challenging for all levels. Challenge your whole body while learning basic boxing techniques and conditioning drills using gloves, jump ropes, agility ladder, and hitting/speed bags.

CardioFit – 45, and 60 min - W

Suitable for all levels. A complete body workout, combining cardio and strength exercises with adjustable step platforms and weights, functional body weight movements, and core conditioning.

Cycle – 45 and 60 min - E, N, NB, W

Suitable for all levels. Indoor cycling class that will take you on a race, while building strength, and improving stamina. Your cycle instructor will inspire you to ride on a fitness journey, including jumping, seated and standing climbs, and speed work.

CycleHR – 60 min – N

Suitable for all levels. Polar CardioGX is a heart rate training system that allows cycling participants to train based on their heart rate. Participants will work at their right intensity level to maximize their workouts through the use of heart rate monitor training straps. The program provides instant feedback, motivation and a personalized workout within a group-exercise setting.

CyclePLUS – 60 min – E

Suitable for all levels. Indoor cycling class that will take you on a race, while building strength and improving stamina. 45 minutes of cycle PLUS 15 minutes of core conditioning.

HIIT 30 – 30 min – NB

Challenging for all levels. High Intensity Interval Training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active recovery periods. This class is a full-body workout created to challenge even the most fit athletes.

Power Cycle – 30 min – N

Suitable for all levels This indoor cycle class will get your heart beating and whole body working! 30 minutes of cycling exhilaration. It's quick, fun and done!

The Gauntlet – 60 min - N,

Challenging for all levels. Full body assault with timed intervals to challenge strength, mobility, and core, using body weight, dumb bells, and kettle bells. Core stations are designed to improve strength and mobility in abs and back. Improve your cardio strength and muscular definition in a motivational team environment.

Pound® – 45 min and 60 min - E, N, W

Suitable for all levels. Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Strong – by Zumba® – 60 min - N, NB

Challenging for all levels. From the Zumba® brand: Combining high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Tabata Bootcamp – 30, 45 and 60 min - N, W

Challenging for all levels. Bootcamp style class with focus on: Higher intensity – Shorter duration – Powerful results. Tabatas (20 seconds on

and 10 seconds off) are designed to boost post exercise caloric burn so your metabolism keeps burning after class. Each participant is encouraged to challenge their own fitness level with knowledge and motivation.

WERQ® – 60 min – NB

Suitable for all levels. WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

Zumba® – 60 min - E, NB

Suitable for all levels. 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. 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.

Zumba Toning® – 60 min – E, N, NB, W

Suitable for all levels. All the rhythm of Zumba® with the challenge of adding resistance by using Zumba® Toning Sticks helps you focus on specific muscle groups, so you (and your muscles) stay engaged! 1.0 and 2.5 lb maraca-like toning sticks (provided) enhance your sense of rhythm and coordination, while toning target zones: arms, core and lower body.

CORE

Benefits: Improve core strength, mobility, and flexibility

BodyFlow® – 30 and 60 min -NB, N, W

Suitable for all levels. BodyFlow® is a yoga-based class that will improve your mind, your body, and your life. During BodyFlow® you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered.

Burn at the Barre – 60 min - E, N

Suitable for all levels. This class is the perfect blend of deep muscle toning, stretching, balancing, and cardio intervals. Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core conditioning of Pilates. It is a structured, easy-to-

follow total body workout. A low impact hour combining light weights, straps and fitness balls (all provided), to ensure you get a challenging workout every time!

Core Conditioning – 30 min - E, W

Suitable for all levels. A quick cross training class to improve Core strength and mobility with focus on abs, glutes, lower back, and hips. Use this class to inspire your inner athlete or supplement your fitness journey.

Pilates – 60 min - NB

Suitable for all levels. Pilates class focuses on developing core strength, flexibility, balance and endurance. The instructor presents the exercises at varied levels - allowing participants to select working at a beginning, intermediate, or advanced pace. You will learn to be aware of breathing patterns and spinal alignment while engaging the deep core muscles. Light weights and stability balls (provided) are incorporated to enhance and intensify your workout.

Restorative Yoga – 60 min - N, E

Suitable for all levels. Restorative yoga uses a series of easy, supported poses held for a longer time under the right conditions (including the use of many props). Yogis developed these poses over many years, but science tells us that, under the conditions set in restorative yoga, immediate effects on heart rate, blood pressure and brain activity are possible. Emphasis on complete muscular relaxation and comfort are emphasized to achieve a quiet state of mind and body.

Tai Chi – 30 min - N

Suitable for all levels. Tai Chi is an ancient Chinese tradition that today is a graceful form of exercise that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

TRX Core – 30 min - N, W

Suitable for all levels. TRX Core will develop strength, balance, flexibility, and core stability simultaneously using the TRX straps. The TRX straps leverage gravity and your own body weight to get a tone and lean midsection.

Yoga – 45 and 60 min – E, NB, N, W

Suitable for all levels. Hatha yoga is a potent alignment-oriented practice that emphasizes the forms and actions within yoga postures. Traditional poses (asanas) are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath awareness. This class is based on physical postures, flow movements (vinyasas), deep breathing, and restorative mindfulness. Props provided include: blankets, blocks, mats, and straps.

Yoga ONE – 60 min – NB

Great choice for beginners. Entry level Hatha yoga class with focus on fundamentals and alignment to improve flexibility, mobility, and mind/body balance. Props provided include: blankets, blocks, mats, and straps.

STRENGTH

Benefits: Improve muscular definition, joint movement, bone density, and core mobility

BodyPump® – 45 and 60 min - E, N, NB, W

Challenging for all levels. BodyPump® is a barbell workout using light to moderate weights with lots of repetition. This class will help you get lean, toned, and fit - fast! You'll leave class feeling challenged and motivated!

F.I.T. – Freestyle Interval Training – 45 and 60 min - E, N, NB, W

Challenging for all levels. Group personal training using an array of equipment designed to improve mental and muscular strength and endurance. Participants are led with knowledge and inspiration using body weight, weights, ropes, stability balls, jump ropes, and kettlebells. Every workout is unique and designed to improve your personal athleticism – set in an engaging team environment.

TRX Boot Camp – 45 and 60 min - NB

Challenging for all levels. Challenge your workouts with high intensity, powerful movements using your own bodyweight with the TRX suspension system in TRX Boot Camp. Every major muscle group will be worked in this fast paced workout combo of the TRX and other fitness equipment such as free weights, Bosu balls, kettle bells..... 20 secs work/20 sec rest is what to expect in this great class!

TRX Fit – 45 min - NB, W

Challenging for all levels. TRX Fit uses the TRX straps to perform exercises that build, burn, tone, and strengthen you whole body with your own bodyweight. This class will push you to new levels of strength using the TRX suspension system.

TRX Max – 60 min - N

Challenging for all levels. TRX Max is a class that will challenge your whole body using the TRX suspension straps, free weights, kettlebells, Bosu balls, and other equipment to help you get fitter faster! Get ready to work everything from your head to your toes in this full body class.

AQUA

Benefits: Improve cardio endurance, muscular strength, and joint mobility in the non-impact environment of our shallow and deep areas of the pool. Water creates natural resistance,

which means every step is more challenging and helps tone your muscles.

Aqua Fit – 45 and 60 min. – N, NB

Suitable for all levels. Work out in the deep and shallow areas of the pool, using resistance equipment and Aqua belts (provided) to build strength and endurance.

Aqua Zumba® – 45 min - N, NB

Suitable for all levels. Fitness is a splash with Aqua Zumba - our invigorating, low-impact aquatic Zumba® classes. Known as the Zumba® "pool party," Aqua Zumba® gives new meaning to the idea of a refreshing workout. Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® classes blend it all together into a workout that's cardio-conditioning, body-toning and FUN!

Senior Aqua – 45 min - N, NB

Perfect for our active, older adults. Shallow water Aqua class for those with arthritis, joint, or muscle concerns. This toning and cardio workout focuses on joint flexibility and range of motion, while moving your body through the supportive environment of our pool.

SENIORS

Benefits: Designed for the overall health of our active, older adults. Focus on overall fitness with appropriate exercise modifications

Senior Fit – 45 and 60 min - N, W

Perfect for beginners and active older adults. Improve cardio, balance, strength, and mobility using a variety of weights and stability balls. Each experience is unique – designed to improve overall wellness within a supportive environment.

Senior Yoga – 45 min - W

Perfect for beginners and active older adults. Gentle Hatha Yoga practice with flow and mindful movements for improved balance and flexibility

Zumba Gold® – 45 min - E, NB, W

Perfect for active older adults. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave feeling empowered and strong.

KIDS

Kids Movement – 45 min - NB

Kids movement encourages children to experience how much fun exercise can be! Dance, strength, flexibility, and stretching are all parts of Kids Movement.

