

Great Bay Class Descriptions

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. BODYSTEP Express is the same great class in 45 minutes!

CXWORX™ is the 30 minute program that works your core by really focusing on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. Classes are 45-50 minutes unless otherwise noted.

ZUMBA– fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast in one, exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

CARDIO HIIT- This class of high-intensity interval training will challenge your cardio fitness! Varied formats and approaches will be used to spike your heart rate and leave you drenched in sweat! Class takes place on our back turf area!

BOOT CAMP– Get ready to step things up a bit with a strength and cardio blast! Work upper and lower body with a series of stations designed to tone it all! Big time calorie burn and challenging exercises will bring your fitness to the next level.

PILATES- Strengthen and tone as you are taken through a series of rhythmic exercises that all originate from your core. You'll improve your posture and flexibility through this energizing class.

SPIN– Challenge your cardiovascular and muscular endurance in a musical journey through steep hills, killer flats, rolling hills, sprints and much more! Classes are 50-60 minutes.

STRENGTH TRAINING- 45 min. Class with varied approaches used to strengthen major lower body, upper body and core muscles. Challenge yourself each week with the use of free weights, bands, bars and balls.

YOGA– the mind-body workout that will improve strength, flexibility and balance.

H.E.A.T.-High Energy Athletic Training! Our specialized H.E.A.T. trainers will take you through a High Energy circuit that will focus on unique and beneficial exercises that will make you feel your muscles burn right from the start. Through Corrective Exercise and proper form you will be able to accomplish new Athletic abilities you never even thought were imaginable.

For more information email our group fitness manager, Chris Clifford, at chris@seacoastsportsclubs.com