

# ALBIAN CLASS DESCRIPTION



## FLEX

A total body strength workout building through an array of exercises.

### Length



### Benefits

- increases total body strength
- increases lean muscle mass
- fat loss

## SPIN

A high intensity cardio workout done on a stationary bike focusing on endurance, strength, intervals and recovery. Great for any level of fitness and designed to be self-paced, this cycling routine is set to upbeat music that will get your heart rate up while having fun.

### Length



### Benefits

- improves cardiovascular health
- improves overall fitness
- improves strength and stamina
- promotes weight loss

## GRIT

Dig deep soldier! This class is designed to improve body strength, performance and esthetics and will test your willingness to survive! It starts with compound strength movements to target major muscle groups using weights, introduces calisthenics in the middle and then finishes with high intensity Tabata training. Fun!

### Length



### Benefits

- increases total body strength
- increases lean muscle mass
- promotes fat loss

## SHELL SHOCK

Not for the faint of heart. Shell Shock is designed to shock your body using high intensity interval training (HIIT) methods.

### Length



### Benefits

- increases aerobic threshold
- fitness
- strength
- decreases body fat

## CIRCUIT TRAINING

A great "buffet style" workout that is setup in a circuit and targets the entire body.

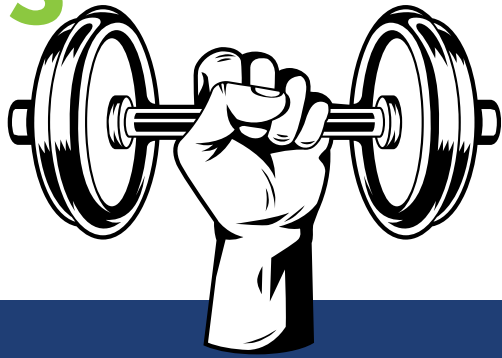
### Length



### Benefits

- promotes fat loss
- promotes cardiovascular health
- promotes muscle strength
- improves recovery time
- increases overall fitness

# ALBIAN CLASS DESCRIPTION



## AB STRIKE

A class dedicated to making sure your abs feel the burn. Strengthening the core can be fun and is incredibly beneficial. With music and a variety of functional movements, this class is the furthest thing from doing boring old sit-ups.

### Length



### Benefits

- improves core stability & strength
- reduces back pain
- improves body balance

## YOGA

A great class that increases flexibility and body movement. This is done through various poses and stretches while also practicing proper breathing techniques.

### Length



### Benefits

- increases flexibility
- improves breathing mechanics
- improves balance
- increases circulation
- decreases stress, muscle stiffness & inflammation

## FOAM ROLLING

This class offers a dynamic approach to enhancing muscle flexibility and overall body movement through effective foam rolling techniques

### Length



### Benefits

- increases flexibility
- helps to correct muscles imbalance
- increases circulation
- decreases stress, muscle stiffness & inflammation

