

RICHARDSON CLASS DESCRIPTIONS



TUNE UP

A total body strength workout that focuses on improving mobility, core strength, body flexibility and balance.

Length



Benefits

- increases muscle flexibility
- improves biomechanics and balance
- aids with pain relief

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 heartrate up while having fun.

Length



Benefits

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

BRIGADE BARBELL

Enjoy improving your body strength through the use of barbells. A total body workout that includes isolated and compound movements designed to target strength and muscle hypertrophy.

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.

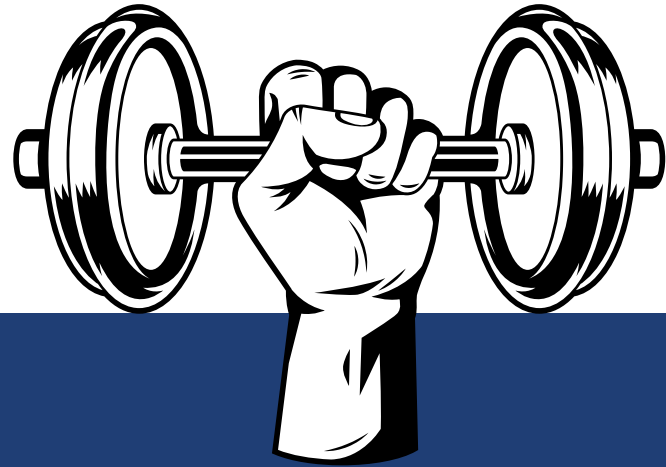
Length



Benefits

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

RICHARDSON CLASS DESCRIPTIONS



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

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
- improves muscle strength
- improves recovery time
- increases overall fitness

BRIGADE CHALLENGE

Bring on the challenge! Work through various types of exercises at your own pace. No matter your fitness level, challenge yourself and see if you can complete the exercise list with its volume designed by yours truly!

Length



Benefits

- increases aerobic thresholds
- increases anaerobic thresholds
- increases body recovery
- promotes fat loss
- promotes lean muscle growth
- improves overall fitness

YOGA

A great class that increases flexibility and body movement. This is down 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