

ISP Small Group Fitness

“Book your sessions through the Mindbody App. A link can be found at www.ispwaunakee.com”

- **Short Circuits**
 - Combining strength and conditioning by rotating through various exercises. These timed circuits will increase lean muscle and boost metabolism to burn fat. This is a fun way to get fit fast.
- **Yoga**
 - Level 1 Yoga (Vinyasa & Ashtanga Blend)
 - Vinyasa relates to “breath-synchronized movement.” This style focuses on linking the breath with movement and is often referred to as a moving meditation. The poses flow from one to another in conjunction with the breath. Ashtanga style relates to the primary sun and warrior sequences.
- **GBM “Ground-based Mobility”**
 - Functional mobility for older populations. These movements are very low impact and aimed at maintaining proper function and range of motion. Movements are largely performed from laying, all-fours or seated positions.
- **Barbells 101**
 - This class is focused on increasing your barbell proficiency. Learn and improve your confidence for power lifts such as: bench press, squat and deadlift and also, more advanced Olympic lifts: Clean and Press, Push/Jerk, Split/Jerk, Overhead Squats and Overhead Snatch. The goal of this class is to reduce risk of injury and at the same time, provide significant gains in power and core strength.
- **GBL “Ground-based Locomotion”**
 - Combining GBM with a little more intensity, technique and difficulty.
- **Lunchtime Mobility**
 - Need to get away from the desk? Do your back and shoulders hurt? This class will provide a nice break in your day to help regain your energy and focus while you work to reduce your pain symptoms through mobility exercises. This class mixes GBM
- **TRX**
 - Suspension training integrated with functional fitness. This low-impact strength class will prove to be kind on your joints.
 - Build strength and function through body-weight exercises

- **Med-ball Madness**
 - This high-intensity medball class will combine wall-ball, ballistic throws, smashes and core strength drills in order to improve your overall strength and conditioning. It will also improve coordination and athletic ability. Don't be deterred from the label "high-intensity" as you can take these exercises at your own pace.
- **Deadlifts and Doughnuts**
 - Leisure and lifting. Are those allowed to go together? Join your fellow comrades for some heavy lifting with bouts of recovery and muscle hygiene in between. We will end each session with milk and doughnuts.
- **Bootcamp**
 - All the classics rolled into one: squats, burpees, jumping jacks, planks, carries, lunges and more with the goal of making you healthier and more resilient, all while having fun with friends.
- **Cardio Kickboxing**
 - Non-contact functional movement cardio. Kicks, punches, hooks, jabs and high knees. Sub-max intensity geared to grind and sweat it out!
- **Butts and Guts**
 - Abs and Glutes... what more is there to know?
- **Kettlebell Conditioning**
 - Swings, Lifts, Presses, Lunges, Carries and Pulls... All with kettlebells. A great way to change up your routine.