



15670 NW Central Drive, Portland, OR 97229  
bethanyathleticclub.com 971-371-7600

## **Group X Class Descriptions**

**AQUA FITNESS:** An exciting alternative to dry land classes providing a great cardiovascular workout that is soft on the joints. Classes can be modified to meet all abilities and fitness levels. Participants improve agility, flexibility, range of motion and circulation.

**AQUA ZUMBA:** Water-based dance fitness classes that combines Zumba dance moves with the resistance of water. Improved cardiovascular health, increased muscle strength and toning. Joint friendly exercise.

**BALANCE & STRENGTH:** Designed to maintain your balance and confidence at any age! This is a low impact class and moderately paced for active mature adults.

**BARRE:** Get tight and toned with a fresh approach to classic ballet barre exercises. This class targets the legs, glutes, light hand weights for upper body strengthening, and additional core work.

**BODYCOMBAT:** An 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.

**BODY BALANCE:** A yoga-based class where you will bend and stretch through a series of simple yoga moves while also embracing elements of Tai Chi and Pilates.

**BODYPUMP:** This class is for anyone looking to get lean, toned, and fit—fast! Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

**BONE HEALTH:** In this class members will learn yoga-based poses to reverse bone loss. Appropriate for all ages and all levels of fitness experience.

**CYCLE:** An indoor cycling class set to motivating music using a spin bike, allowing you to modify the intensity of your workout. Climb hills, build strength and endurance.

**FITNESS BASIC:** This class is open to all beginners. Through fundamentals movements and exercises using light equipment.

**FUN RUN CLUB:** Expect an outdoor run 3-6 miles starting and ending at the club. Rain or shine! Coach Mike will lead. All runners are welcomed!

**GENTLE YOGA:** A gently paced and restorative class that focuses on breathing, posture, flexibility, strength, and balance.

**HIIT BLAST:** An advanced high intensity interval training-based workout. Use every muscle in your body while challenging yourself through timed drills using all sorts of equipment including weights, bodyweight, plyometrics, and athletic movements!

**KICKBOXING:** Trying to find a new workout? This class will teach you basic kickboxing techniques and skill—including leg work, core, and shadow boxing along with bag work.



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**IYENGAR YOGA:** A form of Hatha Yoga that places and emphasis on precision and alignment in the performance of posture (asana) and breath control (pranayama).

**MAX CARDIO:** Join this fast-paced class incorporating drills, weights and speed work for an intense cardio and endurance workout. You'll burn fat, strengthen your core, and get a killer full body workout!

**POWER YOGA:** This high-intensity power yoga class combines traditional poses with athletic movement, offering a full-body workout that builds strength, flexibility, and endurance. Newcomer to Yoga or a seasoned practitioner welcomed!

**RESTORATIVE YOGA:** Enjoy resting yoga poses. In this format of yoga, each pose is held for a longer period, allowing the body to open and relax.

**SLOW FLOW YOGA:** Learn basic yoga poses and proper alignment, using a slow flow focusing on the breath. This yoga practice will help improve your balance, strength, and flexibility.

**TAI CHI:** Reduce stress while improving your balance and coordination with this Chinese martial art. Often described as a meditation in motion, Tai Chi promotes serenity through gentle flowing movement.

**TOTAL TONE:** This is a modern studio burn experience with a dynamic fusion of Barre and Strength that tones, sculpts and engages total body. Open to all fitness levels!

**TRX CIRCUIT:** This class is a blend of suspension training involving core stabilization and reactive stability exercises for a full-body workout.

**VINYASA 1:** In this class yoga poses are linked together in a flowing sequence that coordinates breath and movement. Great for yoga beginners!

**VINYASA 2:** This class involves active stretching through advanced yoga poses while keeping a flowing sequence that coordinates breath and movement. Recommended for advanced yoga members.

**ZUMBA:** A total-body workout disguised as dance fitness. This aerobic fitness program features movements inspired by various styles of Latin American dance and is performed primarily to Latin American dance music.

**ZUMBA GOLD:** Have fun dancing in this low impact version of Zumba. Enjoy simplified choreography that challenges coordination, balance, cardio and muscles all in the form of dance.

**ZUMBA TONING:** Perfect for those who want to “party” while toning and sculpting their muscles. The challenge of adding resistance by using toning sticks or light weights helps you focus on specific muscle groups so that you and your muscles stay engaged!