



Spoga Fitness Center Class Descriptions

BODY PUMP 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!

BODY BOX is a simple, athletic workout that will shape and tone your entire body and push your fat burning systems into high gear. Let the great music and highly motivated instructors guide you through this awesome cross training class. You will step, box and jump your way into feeling great and burning lots of calories at the same time.

GLUTES & ABS Reshape and define your legs and abdominal muscles with this quick and fun 20 minute class. Using an assortment of different tools you will be stronger and redefine the shape of your core and legs.

FLEX is a results driven interval training class that will get you **Fit**, help you stay **Lean**, and give you more **Energy** which creates the **X-factor** (the missing link) in your training. **F.L.E.X.** will burn massive calories, increase your endurance and will help you burn fat during and post workouts. All fitness levels welcome! Come and experience this one-of-a-kind training!

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.

ABSolution If you want a stronger core and back this class is your Solution! This 30 minute class will help you gain abdominal and back strength with solid fundamental exercises to incorporate in your exercise routine. This class is set to fun music with dynamic instruction for all fitness levels.

BODY FLOW is the Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Body Flow improves joint flexibility and range of motion and increases core strength while reducing stress. This 55-minute workout will bring the body into a state of balance and harmony.

SH'BAM-Featuring simple but seriously HOT dance moves, SH'BAM is the perfect way to shape up and let out your inner star—even if you're dance challenged. Set to chart-topping hits, and familiar classics, SH'BAM is the ultimate fun and sociable way to exercise. Each 45-minute class is vibrant, unique and varied. It's all about smiling and sweating!

To learn more about any of Spoga's group fitness classes, please send us a message at spogastudio@bellsouth.net or call 985.345.2453.