

# Group EX & Pilates Class Descriptions



Contact Petra Storm: 720-931-6811 / [psstorm@denverathleticclub.org](mailto:psstorm@denverathleticclub.org) with questions.

**Strong Core:** A 15 minute class focusing on the core muscles and the posterior chain of the body.  
*All Fitness levels welcome.*

**BarreFusion/ Sculpt/BarrePilates:** Tone and Sculpt your body to get that lean dancer's look! Exercises are rooted in Ballet, Pilates and Gymnast and do not involve bouncing or jumping. Wednesday and Friday classes are level 2 and 3, Thursday and Sunday all levels. Barre Pilates is for all levels.

**Club 55 Movement & Balance:** Good Posture focus, coordination and core strength = better balance. MVE chairs, BOSU, foam rollers, balls and gliding discs are used in combination to achieve this goal.  
*All levels welcome*

**Boot camp:** 60 minutes of high intensity fun training exercises Tabata or Insanity style! Lunges, squats, running drills, partner work, plyometrics, tubing, weights.  
*All levels welcome*

**Core Fusion:** This class will utilize BOSUs, med balls, Fitball, or MVE chairs to challenge and improve balance and core strength. Bare feet are optional  
*All levels welcome*

**Cardio Blast: 60 minutes of Cardio variety, Step, Circuit, Bootcamp, BOSU and floor Aerobics. Different each week. Followed by 30 minutes of sculpting. Tuesday class is interval based with sculpting compound movements. Saturday Classes can be taken individually.**  
*All levels welcome*

**Cardio Cross:** Work cardio and sculpt your body Cross Fit style in this high intensity class. Anything from Burpees, Mountain climbers, jacks, plyometrics and sculpting with weights, bodybars or bands goes.  
*All levels welcome.*

**Cardio Pump:** Do you love cardio and body pump? Join this fast paced 45 minute cardio pump class where you will alternate between cardio bursts and weight exercises. All levels welcome.

**Cycling:** Whether you are a Fitness enthusiast, recreational cyclist, mountain or road racer, our DAC line-up of professional cycle Instructors will keep you in great shape, in or out of season. All Fitness levels welcome. If you are a Beginner, please let your Instructor know, so they may help with bike setup and show modifications during class. Bikes are available on a first come, first serve basis.

**H2O!** A refreshing aerobic and muscular water workout that utilizes various floating devices such as gloves, noodles and dumbbells for a safe and splash non-impact workout. *All levels welcome*

**HIIT: High intensity interval training-intermediate to advanced levels welcome**

**Interval Circuit:** A high-energy circuit class that includes the use of MVE chairs, BOSUs, Hi/Lo Aerobics and sculpting segments with weights, bands or bars. *Intermediate to advanced levels welcome.*

**Insanity :** This class will push you past your limits with athletic drills mixed with intervals of strength, power, resistance and core training. No equipment or weights needed. Levels of each exercise are provided and high intensity does not have to mean high impact. With timed segments you get in as many repetitions as are right for you. *All levels welcome*

**Kettlebell Club:** The KB is a tool that can help strengthen the entire body not just isolating one part at a time. The KB moves around the body and teaches one how to stabilize the body around the KB. In order to attend the class you must be proficient with the KB. Free 60 minute Kettle bell Intro class is offered on the 1st Friday of the month at 11:00am in the Gym to introduce KB's to anyone interested or curious. RSVP to Petra by e-mail [atpstorm@denverathleticclub.org](mailto:atpstorm@denverathleticclub.org). for Fee-based clinic!

**MVE= Maximum Versatility Exercise:** The MVE chair, designed by Peak Pilates, combines balance training, sports specific and core training in a group fitness environment and is highly effective at increasing flexibility, strength, balance and coordination. We have 14 chairs, available on a first come, first serve basis.  
*All Fitness levels welcome.*

**Neuro Kinetics:** *Do you have back pain, body aches?* With this unique system of self-care and self assessment strategies for resolving or managing nagging joint and muscle issues, no matter how serious. Uses simple floor movements to easily learn how to release the tension that underlies discomfort and stiffness. *All levels welcome*

**Outdoor Fitness:** 45 minutes of outdoor training, weather permitting. Running drills, stairs, upper body work all done on the big playground at the Denver Performing Arts Center. Class meets in front of Studio 4 and runs/walks to DCPA. Bring a water bottle.

**Pilates Mat, Pilates&Sculpt and PI/YO: Pilates & Yoga:** Promoting good posture and muscle use. Focus on strengthening your core with Pilates inspired exercises and increasing your flexibility, strength and balance with sculpting and/or yoga.  
*All Fitness levels are welcome.*

**Power Sculpt/Intervals:** Power movement and strength training used to define all major muscle groups of the body. Includes use of weights, body bars, tubing, steps, BOSU and Gliding discs. The Friday class includes cardio intervals. *Intermediate to advanced.*

**Super Step:** Creative stepping with funky, single, double or triple step and finishing with Abs & Stretch. Some Step experience recommended.

**Run Club:** A challenging yet fun class that consists of specific exercises for runners and cyclists to improve upper & lower body strength, endurance, power and stability. Runners meet in Fitness center on Wednesday.  
Email: [cbloomquist@denverathleticclub.org](mailto:cbloomquist@denverathleticclub.org) for more information.

**Taekwondo:** Class meets on Tuesdays & Thursdays from 6:30-7:30pm in Studio 4. Questions?? Call 303-641-2837 or [www.worldtkd.net](http://www.worldtkd.net).

**Total Body Conditioning:** A great cross-training workout concentrating on strengthening and toning the muscles of the entire body. *All levels welcome.*

**TRX Bootcamp:** TRX, Battling Ropes, medicine balls, and more... Meet in the gym for a challenging 45-60 minute workout!  
*All levels welcome*