

SSC ATLANTIC CLASS DESCRIPTIONS

	The fiercely energetic martial arts workout where you are totally unleashed and empowered! Mixed with some HIIT, this is an incredibly well rounded kick butt class!
	The original barbell class that strengthens and tones your entire body. Squats, chest, back and hamstrings, triceps, biceps, lunges, shoulders and abs! Hit every muscle in one hour!
	An intensely challenging 30-minute core workout gets you results where it counts the most.
	A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.
	CYCLE! Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. 45 minutes.
	Using a step and simple movements, this workout includes cardio blocks that push fat-burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.
Barre	This class is designed to lift, tone and sculpt! It incorporates barre work, core exercises, and light weights.
Barre Fusion	A blend of Pilates and Barre exercises to build balance, better posture, and strength.
Cardio Jam	Shake your booty, dance and sweat to energizing music in this fun cardio workout that incorporates core, cardio kickboxing, and even muscle toning all while having a blast. No dance experience needed.
Chair Yoga	Integrating a chair into yoga, this class is for seniors and anybody looking to enjoy a low impact workout and stretch out!
CIZE	Let loose as you learn the latest choreographed dance routines set to the most current music. Moves are broken down so they are easily learned and sequenced together. All levels welcome.
Core Fusion	Fusing yoga, Pilates, and Barre movement to increase strength, balance, and flexibility. Free weights, stability balls, resistance bands, and body weight may be used. Safe for all levels.
Functional Strength for Athletes	A total body workout offers functional training formatted in intervals to get you to move, feel, and look like an athlete. Progressions/regressions are offered for every exercise. We focus on multi-joint strength exercises along with core, power, and agility movements resulting in an explosion of endorphins.
Gentle Yoga	A great introduction to yoga. Slow and steady movements combined with breathing; a calming way to wake up the body and stretch.
Intermediate Yoga	Movement through various poses to help build muscle strength and endurance. Movement presented at an intermediate level however options will be shown for beginners as well as the more advanced.
Pure Muscle	Build strength and lean muscle in the upper body, lower body, and core. Your heart will be pumping in this energetic workout. All levels welcome. Hand weights, barbells, and/or bands may be used.
Silver Strength	A combination of strength and aerobic training for the young at heart!
Total Body	This workout will strengthen upper body, lower body, and core with easy to follow exercises. Weights, a step, and other equipment may be used. Order/exercises will differ slightly with each instructor.
Vive!	This low impact workout includes cardio, strength and core work. You will get in shape in this energizing 45-minute workout designed to allow you to go at your own pace.
20/20/20	This class is designed to give you a total body workout with 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core/stretching. Suitable for all levels.