



## *GroupX Class Descriptions*

At O2 Fitness Clubs, we take pride in an exclusive group fitness program. You will find that all of our instructors share a common structure upon which we build our classes. Our instructors are not only nationally certified through highly recognizable organizations, but are also experienced, knowledgeable, and approachable. No matter which O2 club or class you attend you can always expect an optimal workout. We strive to design classes that are both accessible, fun and always on the cutting edge of fitness!

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**BODYCOMBAT™** - the 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. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness. One of our nationally recognized Les Mills lines of classes.

**BODYPUMP™** - 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! One of our nationally recognized Les Mills lines of classes.

**BODYFLOW™** - the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**Bootcamp** - A fun, calisthenics class based on physical and motivating exercise done in the military. Emphasis on endurance and conditioning.

**Bosu Step** - If you love traditional step, you will love the challenge of stepping on the Bosu, a half-ball with a solid flat bottom. The challenge of stepping on a nontraditional surface will show you how you can take your workouts to a new level! The beauty of this surface is that movements on the Bosu will increase your heart rate and decrease the impact on your knees.

**Candlelight Yoga** - Experience a deep, flowing class of yoga postures coordinated with enhanced breathing to help develop strength and flexibility, all by soothing candlelight.

**CardioCut FX** - Jumpstart your conditioning program with an up-beat sculpting class. This class combines cardio with light weights to help you build strength and burn a lot of calories!

**Chisel** - Toning at its MAX! All the way from our North Raleigh location Julian will push you to the limit as he takes you through an intense total body workout.

**Core Challenge** - We will tighten and tone your midsection in this 30-minute workout. Guns- 30 minutes of intense arm and shoulder shaping.

**Cuttin' Up** - A total body strengthening and toning class.

**Deep Stretch** - Fundamental stretching taken deep. You'll get a full body stretch & come out feeling loose and relaxed.

**Flo Yoga** - A dynamic, moving meditation incorporating breath-linked movement through the yoga asanas. Suitable for those with some yoga experience.

**Guns!** - 30 minutes of intense arm & shoulder shaping.

**O2 Pilates** - A unique system of stretching and strengthening exercises developed over ninety years ago by a German-born Joseph H. Pilates. In this mat-based program, we work to re-teach the body lessons of correct form and movement that will stay with you a lifetime. This means the enjoyment of moving correctly and reaping the benefits of what that brings: better posture, a strong center, suppleness and a more streamlined body.

**O2 Ride** - A planned terrain ride set to music. Aside from being unbelievably fun, you will get fit faster than you ever believed possible. This program is proven to achieve fast results for body fat loss, and is a great way to cross train, or to get in a ride on a day that may not be conducive to outdoor riding. Participants of all levels are encouraged to join in. It's a totally non-impact sport, so it's easy on the joints.

**Oxygen Express** - This circuit style workout utilizes both resistance machines and cardiovascular equipment. Burn 350 to 500 calories in this half hour workout. Don't worry about being on time, just jump in the rotation!

**p3 Pilates** - Develop long, lean muscles with Pilates, core strengthening and functional training.

**Rock Bottom** - An intense 30-minute class targeting your legs. They'll be hit from top to bottom! Quads, inner/outer thighs, hamstrings, and especially the glutes!

**RPM™** - 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. One of our nationally recognized Les Mills lines of classes.

**WillPower & Grace** - is a high-energy cardiovascular mosaic of dance principles, callisthenic drills, and yogic postures based on functional training philosophy. Leave your shoes at home... this class integrates barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees and hips. You will find that over time WillPower & grace will help you stand taller, walk with greater confidence, and function with the new strength that you have learned to harness.

**Yoga Foundations** - A dynamic practice focusing on alignment, breathing, proper positioning in poses, and building strength. Suitable for practitioners of all levels.



*finally... refreshing fitness.*