

NRG 4 LIFE Class Descriptions



Party Yourself into Shape!

This class is designed to bring some fun into your training. No dance experience is required, but we do recommend that you bring a whole lot of attitude and leave your inhibitions at the door.



BODYBLAST

Rev up your metabolism!

Take your strength training to the next level with techniques that enhance movement, performance and effectively challenge every muscle in your body, especially your "power center." Learn how to effectively perform multi-joint and multi plane exercises to maximize your workout output in the least amount of time. Ultimately, our goal is to help you build more muscle so that your burn more fat at rest.-



KICKBOXING

Get a knockout total body workout!

Learn easy-to-follow, multi-level, multi-skill drills inspired from both kickboxing and martial arts. This non-contact, cardiovascular workout will have you punching and kicking your way to a healthier, leaner, stonger body. We wrap up every class with a core conditioning component, designed to be functional, challenging and fun!

CIRCUIT

With hundreds of exercises to choose from, we are confident that our circuit class will never leave you bored or tired of your training regime. We alternate stations of cardio and muscle, use a variety of equipment and show you intensity options so that you can progress at your own pace. Rev up your metabolism with this workout!



What's NEW in 2015 at
NRG 4 LIFE?



CARDIO

This class is designed to get your heart pumping and your metabolism roaring to life. This easy to follow workout is guaranteed to help build cardiovascular strength and endurance. This cardio class will blend high and low impact exercises for variety and intensity, but if jumping is not your thing, don't worry – lots of low impact options are available to make this workout doable by everyone! Come on out and give it a try!

P.U.M.P.

Promoting. Ultimate. Muscle. Performance.

Beginners and advanced exercisers will all benefit from this well rounded workout that targets every muscle in your body including your heart. Simple choreography using the STEP and a variety of equipment for the muscular component ensures that you will always get a different and effective workout.

BOOTCAMP

We combine steady state training, high intensity interval training (HIIT), tabata, core and more into an hour of strength and cardio drills. Experience an amazing fat burning, amped up, easy to follow, cardiovascular and muscular strengthening workout! Agility, mobility, power, stability, versatility, athleticism - we bring it all! Be prepared to sweat!

T.B.C. (Total Body Conditioning)

This class is designed to stimulate every muscle in your body, including your heart. The cardiovascular component will incorporate High Intensity Intervals coupled with active recovery. The result is an increase in metabolic output. Add a muscular conditioning component and you have the recipe for a well rounded workout.

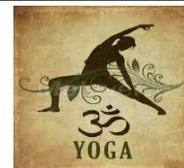
FAT BLASTER

It's time to get amped up and ready to push like never before. Using a variety of equipment from steps, stability balls, glides, equalizers, medicine balls and more, this class is designed in a circuit format to kick start your day! Don't be afraid to "push". This class will ignite your inner fire and keep you burning fat at a higher level all day.

STEP



Do you like choreography? Do you enjoy step training? If so, then this is the class for you! You'll have a blast in this non-stop vertical training, low-impact, high intensity workout that will have you toning and strengthening your body as you move up, down and around the step. Experience a new realm of FUN!



Take some time to take care of YOU!

Experience a flowing, heat building, mind/body workout designed to improve strength, flexibility, balance, stamina, relaxation and overall wellness. Discover your own uniqueness while moving intelligently and intuitively from one pose to the next. Our Power Yoga takes you to the next level.