

HOCKESSIN ATHLETIC CLUB SGPT Class Descriptions



30-MINUTE CLASSES

Box FIT 30: Looking to shed and shred? Hook, punch, and jab your way to sculpted arms, legs, glutes, back and abdominals! You will improve coordination, balance and endurance while burning some serious calories and shredding the fat. Added perks include improved self-discipline and major stress release! Bring some water and your A-game!

FIT 30: Become the master of your body and get in the best shape of your life in the 30-minute version of FIT.

FIT4Weekend: Come get one last strength and cardio blast workout in before your weekend fun, in this 30-minute high intensity class!

GluteFIT: This 30-minute lower body strength training and muscle building session will focus on lifting heavier weight with correct technique targeting hamstrings, quadriceps, and glutes. Lifting interspersed with cardio blasts to ensure you get the best workout in a short period of time.

HAC Crew: Looking to burn the most calories in a short period of time?

Rowing is where it's at! Rowing is a unique exercise that combines both resistance and cardiovascular training with each stroke. These fat-blasting, heart-thumping, fast-paced classes are sure to give you a workout different than anything you have experienced before.

IBOX: Get all the great benefits of IBOD with an added emphasis on kickboxing!

LiftFIT: This 30-minute total body strength training session will target all major muscle groups while focusing on correct technique. This class will mostly use barbells, dumbbells, and kettlebells.

MindfulFIT 30: Looking for a FIT Class that takes a step back from the usual intense interval training? MindfulFIT is your answer. MindfulFIT focuses on quality movements, building on the foundations of mobility and stability to gain strength. Bands, dumbbells, kettlebells, and your own body weight will be used in creative formats to keep your interest and raise your overall strength. This class is great for all fitness levels. With the same family atmosphere in all our FIT classes, it will

deliver the usual FUN workout environment that's impossible to attain on your own. So, grab a friend and meet Dina in the Small Group Studio.

Power, Posture, Core & Balance: This is a class EVERYONE can benefit from. The body was meant to function as a unit. Division breeds imbalance and imbalance creates pain, dysfunction, decreased strength and stability. This class integrates core strengthening, postural correction, and balance training. Come see how these sessions improve your everyday movement that quickly translates into your everyday life.

Senior TRX Press: This 30 minute TRX class is specifically geared towards improving balance, core strength, and overall fitness. Each participant works at his or her own pace and every exercise is adjusted accordingly.

TRXFIT 30: TRXFIT will use both the TRX straps and the TRX RIP trainers with focus on form. Remember - quality versus quantity. Build from the foundations of movement across all planes of motion to create a strong, integrated physique. Core, core, core!

45-MINUTE CLASSES

Core and Restore: Taught by Lindsey Slusser, yoga instructor, Master Personal Trainer, and Licensed massage therapist, this class focuses on core stabilization to help correct poor posture and movements patterns. Participants will engage in stretching and yoga-style movements along with self-myofascial release to melt away stuck tissues and relieve overuse issues. Sessions end with deep relaxation techniques to seal in the positive effects. This class is ideal for anyone looking to fill in the gaps of their work out by engaging in active recovery to increase performance, decrease risk of injury, and improve overall health and well-being. All levels of fitness welcome and encouraged to attend!

FIT 45: Become the master of your body and get in the best shape of your life in the 45-minute version of FIT.

Golf Specific Training: Are you tired of the same results in your golf game? Are you looking to take your golf game to the next level? Golf Specific Training taught by Denise

Boyle, uses TRX to help improve your golf skill.

Kick it Up: An intense cardio workout where you will learn proper kickboxing technique in order to maximize your calorie burn in a safe and effective way! Combine punching and kicking with bodyweight exercises in order to build strength, endurance, and boost your overall fitness level. This fun and interactive class will be sure to melt the pounds away as you fight your way into the best shape ever!

MindfulFIT 45: Looking for a FIT Class that takes a step back from the usual intense interval training? MindfulFIT is your answer. MindfulFIT focuses on quality movements, building on the foundations of mobility and stability to gain strength. Bands, dumbbells, kettlebells, and your own body weight will be used in creative formats to keep your interest and raise your overall strength. This class is great for all fitness levels. With the same family atmosphere in all our FIT classes, it will deliver the usual FUN workout environment that's impossible to attain on your own. So,

grab a friend and meet Dina in the Small Group Studio.

Row & Tone: An excellent full-body workout. Rowing works the upper and lower body placing little to no impact on the bones and joints. The class will consist of rowing and toning, incorporating core, resistance bands, and weighted exercises to help build power and strength. Instructed by Becky D'Amico.

SkiFit: Boost your ski performance, prevent injuries, and become a stronger, more confident skier. This class targets the muscle areas that are essential to being productive on the slopes.



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45-MINUTE CLASSES

TRX Burn: Build muscle and burn fat through a guided workout that can scale to your fitness level. Using a mix of TRX suspension training, plyometrics, and other bodyweight movements, this 45-minute total body workout will alternate moves between resistance training to build muscle and cardio moves to keep your heart rate up. Have fun, bring a friend or make some new ones while burning calories. With Melissa.

TRXFIT 45: TRXFIT uses both the TRX straps and the TRX RIP trainers with focus on form. Remember - quality versus quantity. Build from the foundations of movement across all planes of motion to create a strong, integrated physique. Core, core, core!



60-MINUTE CLASSES

Aqua Flex and Stretch: This class starts with 30 minutes of exercises designed to build strength and muscle definition and is followed by 30 minutes of stretching and mind/body Exercises designed to lengthen the muscles and release muscle tension. This class will leave you feeling strong and with a better sense of balance.

Aqua High Intensity SGPT: This class is going to challenge you, both ends of the pool will be utilized for a truly tiring full body workout. Participants will be challenged to push their cardiovascular fitness through interval training and a higher intensity strength training routine. This class is for those looking to take their fitness to the next level.

Aqua Low Impact SGPT: This class is ideal for those who are looking for a great workout in a low impact setting. This class will feature a strength training period, a cardiovascular section and will end with therapeutic movement. This class uses both the shallow and deep ends of the lap pool.

Barre, Balance, & Strength: Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. This fun and intimate class is the fastest, most effective full-body workout. You'll be guided through a series of low-impact, high-intensity movements that are designed to strengthen and tone your body in ways that no other technique can.

Deep Water Workout: Designed for those who want to improve their cardiovascular health, this class specifically targets weight loss, toning, and abdominal strength. This non-impact class will be held only in the deep water. You'll be asked to push yourself a little out of your comfort zone to achieve great results!

GTS: If you are looking to lose weight, look no further; this class is for you! This full-body

workout produces incredible physical results that you can see and feel very quickly. Using the Gravity Training System, your workouts are sure to be efficient, dynamic, and fun! We will help you attain fitness levels you never thought possible. The class sizes are smaller than most which serves for greater accountability and more personalized attention. Sign up today to change your body and your life!

IBOD: Whether you're looking to lose weight, relieve pain, or get a good dose of class synergy, this is truly the class is for you! This full-body workout produces incredible physical results that you can see and feel very quickly. Your workouts are sure to be efficient, dynamic, and fun! And with smaller class sizes, you can count on experiencing greater accountability and more personalized attention. Choose a 30, 45, or 60-minute workout depending on the allotted time in your time block.

IBOX: Get all the great benefits of IBOD with an added emphasis on kickboxing!

Kettlebell Strong: Taught by a Strongfist Kettlebell Certified Instructor, this total body strength and conditioning kettlebell class puts a strong emphasis on proper form, technique, progression and functionality. First part of the class will focus on mastering the basics before going into a HIIT workout to finish the class. If you are looking for a challenging workout that will also teach you the fundamentals of strength training, this is the class for you.

Spin to Lose: Spin to Lose is an 8 week program that incorporates small group circuit training and Spinning to help you lose weight, inches and achieve a lasting lifestyle change! Coached by a certified instructor, Spin to Lose provides you with healthy diet and exercise tips and a daily log book which will help to reinvent a better you with lasting results!

Strength Training for Runners: Do you love to run? What does your strength training routine look like? Whether you are a novice or avid runner, the importance of strength training cannot be overstated. Many runners are injured frequently and most will experience some type of overuse stress. This is a 10-week progressive program taught by Jen Besten, a USATF certified running coach. It will give you the edge you have been looking for by using exercises geared towards reducing injury and increasing strength. Time to switch it up!

TRX: This total-body resistance training class employs the use of the famous TRX suspension straps. The straps are adjustable, user friendly, and use bodyweight as the resistance. This class builds strength, balance, flexibility, and core stability with tons of functional exercises that can easily be adjusted to all fitness levels. Everyone from the elite athlete, grandparent, novice, and teenager can take this class. This is the FULL body workout that everyone can do.

TRX Crew: All the benefits of rowing PLUS TRX circuits. Sure to be an incredible, intense workout that will transform your body and that you will love to hate! Instructed by Andrea Bradley.

Warm Water Core and Balance: This class will be held in the therapy pool and will focus on improving balance, core strength and overall fitness. This class is idea for those who have injuries or need to improve their fitness in a warm water setting. This class will be fun and fast paced, never the same class twice!



All classes serve Club Members ages 14+ only. HAC reserves the right to cancel classes or close studios at its discretion.