

BREWSTER FITNESS LLC  
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# CLASS DESCRIPTIONS

## Balance and Stability

Signature class designed by idi

Class is designed to help improve balance and to help older adult prevent falling. Classes strengthen the core and muscles of the legs.

## Barre Intensity

Fuses Pilates, dance, and functional fitness training to create an effective workout. The goal of the technique is to transform the body into a balanced one of equal strength, form and function, all while having fun. We incorporate small isolated movements to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

## Belly Dancing

Belly dance is a dance that originated in Egypt. It features movements of the hips and torso. It has evolved to take many different forms depending on the country and region, both in costume and dance style. Belly Dancing promotes balance, strength, coordination and confidence as well as being a fun and highly expressive dance form.

## Body Bar

Signature class designed by idi

Strength Training class that challenges all major muscle groups with higher reps and lighter weights to help develop lean muscle. Body Bar class is designed to help you lose weight by allowing you to gain muscle, increase your metabolism, and loose fat.

## Cardio Mix

Signature class designed by idi

Using traditional steps It's an excellent way to improve your cardiovascular fitness and to strengthen your legs. Get full-body cardio and muscle conditioning. This is a step-based workout that will lift your fitness and tone your butt and legs.

## Hula hoop

Hula hooping is a safe and fun way to burn calories and body fat, improve your balance, and strengthen your core muscles. Hula hooping is a low-impact exercise that increases your heart rate and reduces stress levels.

## Mat Pilates

Low-impact, yet serious strength workout that can help ease low back pain, improve sleep and even support mental well-being. Pilates exercises focus on strengthening muscles, lower back, pelvic floor, hips, glutes, and abdominals through a series of exercises.  
Mat, pilates ring, Swiss ball, medicine ball.

## Ride & Dance

Signature class designed by idi

This is a 20 minute HIIT Spin Class featuring Dance hits from the 2000s!

A 20 minute rhythm ride is perfect for beginners new to SPIN BIKE.

## Total Body Conditioning

Includes aerobic exercise, strength training, and stretching as well as flexibility exercises. This class combines high energy circuit training with total body strength training. Total Body Conditioning uses a step and low impact and intervals to tone all major muscle groups. This class pulls movements from traditional Step, aerobic dance, zumba, classes in an environment suited for all fitness levels.

## Trampoline- “Ladies on Trampolines”

Signature class designed by idi

Trampolining is a vigorous aerobic workout, which means that it increases the rate at which your heart pumps blood, and therefore oxygen, around your body. This strengthens the muscles of your cardiovascular system, and the boost in oxygen levels will make you feel more alert! It also has the added benefit of improving agility and balance. Your leg muscles have to work hard to counteract gravity and push you skywards. These exercises target your back, core, and leg muscles. You'll also work your arms, neck, and glutes.

## TRX

The TRX System, also known as Total Resistance Exercises, refers to a specialized form of suspension training that utilizes equipment developed by former U.S. Navy SEAL Randy Hetrick. TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. TRX's designers claim that it draws on research from the military, pro sports, and academic institutions along with experience gathered from the TRX team, who work "with thousands of athletes, coaches, trainers, first responders, subject matter experts, professors, and service members in all branches."

## Turbo Kickboxing

Turbo Kick® is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations.

## Video Cycle

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level. The health benefits of regular cycling include increased cardiovascular fitness.

## YOGA (Virtual)

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. Yoga involves physical poses, concentration, and deep breathing. It improves strength, balance and flexibility.

## ZUMBA®

### **Perfect For**

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

### **How It Works**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

### **Benefits**

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

## ZUMBA® STEP

### **Perfect For**

Those who are looking to feel the burn, baby! Looking to strengthen and tone your legs and glutes? Step right up.

### **How It Works**

We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor.

### **Benefits**

Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

## ZUMBA® TONING

### **Perfect For**

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

### **How It Works**

The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

### **Benefits**

Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

## ZUMBA SENTAO®

### **Perfect For**

People who want to get some serious (core) work done. Pull up a chair and tone your entire body.

### ***How It Works***

Zumba Sentao® combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.

### ***Benefits***

A unique way to challenge the muscles of the body without having to lift weights.

## **ZUMBA GOLD®**

### ***Perfect For***

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

### ***How It Works***

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

### ***Benefits***

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

## **ZUMBA® KIDS**

### ***Perfect For***

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

### ***How It Works***

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

### ***Benefits***

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

## **ZUMBA® IN THE CIRCUIT**

### ***Perfect For***

Zumba fans who want to add circuit training.

### ***How It Works***

The high-octane, Latin-inspired dance rhythms of Zumba® combine with the benefits of metabolism-boosting strength training for one complete workout.

### ***Benefits***

Boost metabolism and get strong in one fun and effective workout.