

# GROUP FITNESS CLASSES

**All of the following classes are included in your membership.**

- » **Barre/Heated Barre** - Barre combines ballet inspired moves with elements of Pilates, yoga and strength training. This class will focus on high reps of small range of movements working those intricate muscle groups for a total body burn.
- » **Booty N Core** - Target these specific muscle groups that are usually ignored. You will work on building your glutes and strengthening your core while increasing athletic performance.
- » **Burn N Flow** - Burn N Flow is upping the yoga flow game with an element of toning. Core, cardio, props to add strength and focus to a flow yoga class. Burn it, flow it, relax it.
- » **Burn N Tone** - This class is focused on light weight toning and strengthening, getting you in the fat burning zone. Music based and modifications suitable for all fitness levels.
- » **Cardio Kickboxing** - Designed to increase your stamina and build strength while utilizing shadowboxing, kicks and other cardio movements to increase heart rate. Not choreographed and all body weight movements only. It can be adaptive to any fitness level.
- » **Group Fight** - Group Fight is an explosive MMA cardio and strength workout. This 55 min class burns a ton of calories with the hottest mixed martial arts movements that will have you hooked. FIGHT for it!
- » **Group Blast** - Group Blast is an energetic cardio workout using the STEP to train fitness, agility, coordination and strength. With awesome music and the group experience you will get your heart pounding and the sweat pouring.
- » **Hot Power Yoga** - A dynamic mix of flow sequences and poses in a heated room to loosen muscles, sweat out toxins, build strength and increase flexibility.
- » **Heated Yogalates** - Yogalates combines yoga with the core strengthening benefits of Pilates. In this heated style class - expect to focus on core stabilizing and full body strength.
- » **HIIT Strength** - This 60 min workout is 70% strength and 30% cardio based around High Intensity Interval Training. This class will build strength and muscle and leave you feeling the BURN!
- » **HIIT Sweat** - This 60 min High Intensity Interval Training workout is 70% cardio and 30% strength and is for anyone seeking a well-balanced workout. It will focus on stamina and strength and will get your heart pumping!
- » **Incline Trainer Bootcamp Express** - Join us in the performance room for this total body bootcamp express. We will utilize the incline trainers to walk or run for short timed intervals then circuit with weights and plyometrics.
- » **Pilates Flow** - This class will be a challenging total-body workout inspired by traditional Pilates techniques working breath, alignment of spine, core strength and developing balanced muscles then followed by flow and stretch. This class is unheated and for all levels.
- » **Rise N Grind** - This class incorporates both strength training and cardio full body movements that will have you sweating and your muscles burning. Feel strong, powerful and accomplished in this Full Body Bootcamp!
- » **Slow Flow Yoga** - This style of yoga will focus on transitions and movements with less time in stationary poses. It is an ideal class for functional recovery or another layer of vitality to any athlete's performance and discipline.
- » **Xpress Pilates** - This 30 minute express class will be a challenging total-body workout inspired by traditional Pilates techniques working breath, alignment of spine, core strength and developing balanced muscles.

**OPS also offers *adult performance training classes* and a variety of *cycle classes* with our premier class package add-on!**

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**FOR A FULL CLASS SCHEDULE VISIT [OPTIMUMPERFORMANCESPORTS.COM](http://OPTIMUMPERFORMANCESPORTS.COM)**

# ADULT PERFORMANCE TRAINING

Pushing limits and improving overall health with functional fitness, strength training, and endurance. The AP program creates cardiorespiratory benefits through diverse programming and class structure. The three class structures ensure different stimuli are available throughout the week. Athletes get the best fitness response which translates universally to performance in sport and life.

**FUNCTIONAL MOVEMENTS:** squat, deadlift, clean, lunge, jump, throw, press

**GOALS:** improve energy, body composition, and metabolic function

**STRUCTURE:** BUILD, BURN, SHRED

## BUILD

Functional fitness for building a stronger physique.

**What does it look like:**

- Functional movement patterns and compound lifts using the following:
  - Barbell
  - Kettlebell
  - Dumbbell
- Hands-on, specific instructional coaching focusing on good movement quality
- Progressive overload of a core lift with supplemental accessory lifts
- Quick met-con finisher

**Why do we do it:**

- Activate fast twitch muscle fibers
- Increase muscle mass & bone density
- Develop stability and power

**Who this is for:**

- Anyone looking to build quality, lean muscle
- Adults of all abilities that are looking to build strength through group exercise

## BURN

Metabolic athletic training to build endurance and capacity through high intensity cardio intervals.

**What does it look like:**

- HIIT circuit training
- Plyometrics
- Metabolic conditioning

**Why do we do it:**

- Initiate fat burning
- Build stamina and endurance
- Better cardiovascular stimulus over monostructural activity

**Who this is for:**

- Anyone looking for a high energy, high intensity class
- Individuals wanting to tone muscle
- Adults of all abilities that are looking to build endurance

## SHRED

50% Build and 50% Burn  
Four block workout includes: warm-up, bodyweight/agility exercises, weights, & finisher

**What does it look like:**

- ½ Strength
  - Resistance training
  - Core strengthening
- ½ Endurance
  - Cardio
  - Agility

**Why do we do it:**

- Increase endurance
- Improve strength
- Overall fitness

**Who this is for:**

- Recruiting several muscle groups at once
- Adults of all abilities that are looking to build strength through group exercise

## WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00A	<b>BUILD</b>	<b>SHRED</b>	<b>BUILD</b>	<b>SHRED</b>	<b>BUILD</b>	
7:30A	<b>SHRED</b>	<b>BUILD</b>	<b>SHRED</b>	<b>BUILD</b>	<b>SHRED</b>	
8:30A	<b>SHRED</b>	<b>BURN</b>	<b>SHRED</b>	<b>BURN</b>	<b>SHRED</b>	<b>BURN</b>
9:30A	<b>SHRED</b>	<b>BURN</b>	<b>SHRED</b>	<b>BURN</b>	<b>SHRED</b>	
4:30p					<b>BUILD</b>	
5:00P	<b>BUILD</b>	<b>SHRED</b>	<b>BUILD</b>	<b>SHRED</b>		
6:00P	<b>SHRED</b>	<b>BUILD</b>	<b>SHRED</b>	<b>BUILD</b>		