

FRIAR FITNESS CLASS DESCRIPTIONS

20/20/20 – This 60 minute class breaks down to 20 minutes of cardio/ 20 minutes of upper body and / 20 minutes of lower body. This class is sure to make you sweat!

30 min abs – This 30 minute class offers innovative exercises developed to strengthen the abdominal, oblique and lower back muscles.

Boot Camp – In this class anything is possible. This challenging class gets your heart pumping by incorporating cardiovascular segments, circuit training, and drills.

Butts and Guts – Tone your legs, Gluts and core. Get ready to feel the burn!

Cardio Abs – Tighten that core while getting that heart rate up!

Happy Hour – A great way to spend your Friday afternoon to get ready for the weekend! This is the instructor's choice so be ready for anything from cardio to Pilates to a killer ab workout!

Hip Hop Cardio – A NEW fun cardio workout incorporating hip hop dance moves. All dance backgrounds are encouraged to join!

Kickboxing – Kick and Punch your way to a fit and toned body. This class incorporates martial arts style training, boxing and kickboxing.

Pilates - Develop body awareness, increase your balance and flexibility through a series of exercises that tone and strengthen the abdominals and lower back.

Step – Utilizing an adjustable step, this class will provide you with a great cardio workout with fun choreography.

Spinning – This group cycling class is a great way to make your fitness goals a reality. With no complicated moves to learn, our instructors will guide you into the best shape of your life. Remember to bring a towel and water!

Upper Body Blast – Focusing on the upper body muscles of the shoulders, arms, and back this class will sculpt and tone your upper body.

Yoga – This Yoga class is primarily based on Hatha yoga practice. This class also incorporates traditional sports stretching; some Pilates® mat exercises, and peaceful relaxation for the mind.

Zumba – Dance away your worries! This class combines high energy and motivating music with unique moves and combinations. Zumba is a workout that is great for both mind and body.