



CLASS DESCRIPTIONS*



Brick Bodies at Green Spring Station • 10803 Falls Road, Lutherville, MD 21093 • (410) 825-0550

COMBO CLASSES

BODYVIVE

BODYVIVE ●▲❖ is a program designed for beginners to boomers, pre/post-natal as well as people with special medical conditions such as arthritis, high blood pressure or back issues. BODYVIVE® utilizes a Vive Ball and Vive Tube and combines cardio, strength, balance and flexibility training. The inspirational music and moves will leave you "fizzing" with energy!

Circuit du Jour ❖ A 45 minute class where the focus is on FUN! Your instructor will provide a variety of circuit experiences that include cardio stations, balance stations, agility stations, athletic stations, and muscle sculpting stations! You will NEVER be bored taking this class. No experience required!

Fat Burner ❖ This class is low impact, high intensity combinations which alternate with intervals of strength training. The strength intervals incorporate active recovery moves which maximize "fat burning." Also includes core training.

Young At Heart™ ●▲❖ In honor of our "Golden Girls" this class is a blend of low-impact moves to help improve your heart health and strengthening moves to help improve your over-all health and well-being. You will be energized as you prevent debilitating diseases. Appropriate for anyone who wants to be "Young at Heart" at any age!

Power I.T. Up ❖ An exciting calorie burning class, Power I.T. (Interval Training) alternates the best of high intensity aerobics with intervals of strength training, using rubberized resistance and/or weights!!

Step I.T. ❖ Combines the best of high intensity step training with intervals of muscle conditioning. Interval training is one of the best way to burn calories and fat in a short period of time!

T3 = Triple Threat! ❖ Experience THREE hi energy, hi calorie and hi fat burning group training techniques in just 60 minutes! 20 minutes of Cycling, 20 minutes of traditional Cardio and 20 minutes of Core training. Lose weight and feel great!

TRADITIONAL HI/LO



BODYATTACK ●▲ A high energy, sports-inspired workout combining athletic exercise and powerful music that builds cardio stamina, strength and agility. BodyAttack is the perfect preparation for sports.

Cardio Craze ❖ One half Hi/Lo aerobic moves + one half Step = Pure FUN!

HiNRG ❖ 50 minutes of high intensity multi-impact aerobics plus 10 minutes of a much deserved stretch & relaxation. A perfect combination, and the best fat burner going!

SPECIALTY

AquaSculpt ❖ Splash and move to the music in this one hour non-impact aerobics class in the pool! Easy on the joints, a great muscle strengthener and a complete cardio workout. Swimming skills are not required. Join the FUN!!! For all fitness levels. (Please see additional Aquatic schedule)

Pure Pilates™ ❖ Pilates is a mind-body program where East meets West. You'll strengthen and lengthen your back, hips, glutes, thighs and upper body. Designed by Joseph Pilates, there are over 500 exercises to explore. You deserve this wonderful experience! (There is a fee for this program. Please see additional Pilates schedule.)

P.A.C.E. Circuit ●▲❖ Progressive Aerobic Circuit Exercise is a 60 minute class that utilizes hydraulic equipment which combines strength stations and cardiovascular stations. As you proceed from one station to another, you will gain a combination of increased cardiovascular endurance, strength, and muscular endurance, ALL at the same time! (plus, burn a whole bunch of calories!)

STEP



BODYSTEP ●▲■ An energizing, athletic step class that uses simple moves and an adjustable step to help tone your thighs and glutes. With over 2,000 steps per session, you will see results fast. The up-lifting music will make you feel alive!

PowerStep ▲■ An advanced step class that is all cardio and hi NRG! A variety of moves, intervals and creative use of the steps are explored in each class!

Step into Shape ●▲❖ A basic introduction to step training. Low-impact, easy to follow movements with floorwork; this class uses simple up, up, down, down sequences on a step. Great for beginners!

Step 'N Sculpt ▲■ Cardio + Muscle Sculpting = Great results!

Step on Up ▲■ An intermediate level step class that also trains the core in 60 minutes!

MUSCLE CONDITIONING



BODYPUMP ❖ "The fastest way in the universe to get in shape!" The complete athletic workout that works every major muscle group in the body. BODYPUMP® strengthens, conditions, tones, and defines your muscles. BODYPUMP® it is ideal for beginners to experienced exercisers. It is NOT an aerobics class, it's a weights workout for the group exercise studio. Sign-up begins 30 minutes before class time. Space is limited so please arrive early.

Building Brick Bodies (BBB) ❖ This 30-60 minute class will help you to mind your matter. Tone, tighten and firm your "Brick Body" from head to toe!

Butts & Guts ❖ This 30 minute sculpting class targets below the belt. Guaranteed to work your core and more with toys that aren't just for boys!

Esprit de Core ❖ This 20 minute class will help you tone, tighten and firm your core: your abs and your back! Excellent for all ages and fitness levels!

MIND/BODY



BODYFLOW™ ❖ This will change the way you feel forever. You'll stand straighter and feel stronger. You'll gain flexibility and become more physically and mentally aware. BODYFLOW™ is holistic movement (a combination of Yoga, Tai Chi, Pilates, and some traditional Western stretching) set to uplifting music. Designed to reduce stress and relieve pain, this 1 hour class will help you function better.

Power Yoga ▲■ A style of Hatha yoga that focuses on breath, posture, muscular endurance and strength in a more vigorous fashion. Props may be used. Power Yoga will take your mind and body to the next level. Power Yoga for Athletes is designed with the athletic body in mind.

Yoga ❖ is the conscious dance of bone alignment. It allows you to focus on the alignment of your bones rather than on muscle movements. YOGA is mind-body exercise which is meditative activity performed with focused awareness. Come and feel the difference!

ATHLETIC TRAINING



BODYCOMBAT ❖ Combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai-Chi and kickboxing. It's a fierce energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it's a great cardiovascular workout that's all-out fun!

Brick Boxing™ ❖ Come put your wraps on and prepare for a fun, intense and easy to follow kickboxing, interval or circuit experience. Learn how to punch and kick the heavy bags, jump rope and sweat like crazy! For all levels! Sign-up begins 30 minutes before class time. Space is limited so please arrive early. Please bring your own wraps!

XTREME Kickbox ❖ X-treme Kickbox merges the roots of martial arts training with the intensity of sports specific resistance training. Guaranteed fun in an intense yet energetic class experience! Take your "Brick Body" to a whole new level!

DANCE BASED



BODYJAM™ ❖ is the cardio class to the latest sounds where you get lost in the sensation of dance. With the emphasis as much on having fun as breaking a sweat, BODYJAM® is an addictive fusion of dance and aerobic moves. The blend includes the latest dance styles, together with the coolest sounds currently topping the charts. BODYJAM® adds new meaning to the concept of having fun while getting fit.



ZUMBA ❖ Fun, easy-to-learn Latin dance steps. Sweat and move your body to the infectious music that will sweep you off your feet! Experience the class that everyone is talking about!

Cardio Hip Hop ❖ Condition your heart with Hip Hop style! Energetic dance moves will energize your spirits! Work your entire body into shape and have a blast at the same time. No experience necessary!

INDOOR CYCLING



RPM™ ❖ Take the ultimate ride with your motivating instructor who leads the pack for a 50 minute ride through a variety of terrain set to an addictive rhythm of powerful music. You can burn up to 800 calories in one hour. RPM is a favorite of those wanting to reduce body fat. (RPM Xpress – 30 minutes; RPM Intense – 60 minutes)

Brick Biking™ ❖ A group indoor cycling class for everyone! Experience one of the best workouts ever in this indoor cycling workout that utilizes resistance and speed changes that simulate an outdoor ride, without the hazards! Come inside and get the ride of your life! Sign-up begins 30 minutes before class time at the service desk. Seats are limited so please arrive early. (Brick Biking Xpress – 30 minutes; Brick Biking Lite – lighter intensity)

BIKING DIFFERENTIATORS:

ED - Endurance, IT - Interval, MC - Mountain Climb, R - Race

Ride 'N Tone™ ❖ This 55 minute class is half Brick Biking and half total body toning with a focus on core strength.

HOURS OF OPERATION

Monday through Thursday 5:00am – 10:00pm
Friday 5:00am – 9:00pm
Saturday & Sunday 7:00am – 7:00pm

LITTLE BRICKS HOURS

Monday through Friday
8:00am – 12:00pm

KEY

● Beginner ▲ Intermediate ■ Advanced
❖ Prenatal¹ ▶ Mature ❖ All Levels

¹ Follows ACOG Guidelines. May need physician's approval. Prenatal women may try any class under her doctor's supervision.

* Classes may vary per location

BrickBodies.com