

EHSC GROUP EXERCISE CLASS DESCRIPTIONS

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BODYATTACK™ is a high-energy fitness class with moves that cater for beginners to addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Challenging your limits in a good way, burning up to 555 calories and leaving you with a sense of achievement.

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories.

GRIT™ is 30-minutes of high-intensity interval training (HIIT), developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you push your body into your max effort training zone – and that's where the results happen. Get set to transcend your speed, strength and height. Take your physical ability to another level.

Zumba/Strong Nation-A fusion of Latin, International & popular music/dance themes creating a dynamic, exciting & blood pumping workout! The routines feature aerobic/ fitness interval training with a combination of slow & fast rhythms that strengthen & sculpt the body with easy to follow dance moves.

Total Body Conditioning (TBC)-Functional Integrated Training. This dynamic “boot camp” style class combines cardio and strength training exercises into a fun, integrated workout! Exercise selection will be designed to improve overall core strength, stability and power (workouts may include plyometric exercise, kickboxing, and stability balls). Workouts may also include a variety of equipment and exercises”.

Tabata-One of the most effective types of high intensity interval training. It features timed intervals of high intensity exercise followed by short rest breaks. These periods of intense work will strengthen muscles, build cardio endurance, torch calories and improve athletic performance. Tabata is a fun way to challenge your mind and body.

MixedFit-Inspired by the people, MixedFit opens up a new world of dance fitness by adding a mix of explosive dance moves and boot camp exercises to fresh, exciting music. Turn up the fun as you learn easy to follow moves that will burn calories and tone your entire body.

Pilates-So much more than core! Pilates mat is a challenging workout that targets muscles deep within the body. With over 500 exercises for you to master allow our highly trained Instructors to take you through this incredible total body workout. Who is Pilates for? Everyone. Pilates sets your body up for success in whatever it does. Whether you're training, toning or recovering, you'll do it better, stronger, more efficiently! (Suitable for all fitness levels)

Pilates Strength-A bit more challenging than your typical Mat class. This format will offer both strength & conditioning floor exercises based on Pilates mat & equipment based exercises.

Barre-(additional fee) Currently offered in our Mind Body Studio (Studio B), the discipline that's changed the game. The BARRE method of training will sculpt & tone your body like no other method of training. Offered as small group training sessions, BARRE blends Pilates with dance, cardio & strength training exercises specifically targeting arms, legs & core to strengthen & streamline the body. Neither dance experience nor tutus required.

Hatha Yoga-Mind, meet body & body, meet mind. Movement, breath and meditation combine in a range of transformative class formats. Gentle in nature, our Hatha style yoga classes offer a variety of stretching, flowing and static postures. Focus is on concentrating inward to promote a deeper mind & body connection. Connect your mind and body! (Suitable for all fitness levels)

Pranayama Breath-Practice a variety of yogic breathing techniques to invigorate the body, quiet the mind and balance the emotions. (Suitable for all fitness levels)

Yoga Core-The focus of this class will be on core conditioning and in addition to Yoga postures; this format may also include traditional core and Pilates Mat exercises. Lengthen, strengthen and breathe! (Suitable for all fitness levels)

Vinyasa Flow-The focus of this class will be on core conditioning and in addition to Yoga postures; this format may also include traditional core and Pilates Mat exercises. Lengthen, strengthen and breathe! (Suitable for all fitness levels)

Kripalu Yoga-Kripalu means being compassionate to self, listening to your own body, and honoring its needs. This practice will empower the participant to discover what is true based on direct experience in class. Enjoy better health and balance in life both on and off the mat! All levels welcome.

Integral Yoga-This class is based on the teachings of Sri Swami Satchidananda & is a practice that enables the student to achieve “an easeful body, a peaceful mind and a useful life.” Integral Yoga incorporates gentle asanas (that can be adapted for those desiring a more rigorous practice), breathing techniques, and guided meditation. All levels welcome.

Power Flow-A unique, flowing vinyasa style that is designed to open the body and heart, calm the mind and help one manifest desires. This is accomplished through a seamless combination of gentle warm-up, dynamic flowing sequences, deep stretching, and Yoga Nidra. Yoga Nidra is a guided relaxation technique that takes place at the end of class. It is designed to bring the mind to a deeper state of consciousness more so than your typical Savasana.

Staby-The Executive is the first health club in NH to offer classes utilizing The STABY Stick! The Staby stick is one of the most effective fitness tools on the market today. The concentration on the activation of the weakened musculature of the joints of our body and the ability to work the intrinsic muscles versus the larger ones is unique to this tool. It employs vibrational activation and energy and is a great addition to any workout. The effect of it is to give the necessary impulses continuously and always at the right moment to have a regulated and rhythmic movement experience. The goal is, to improve the essential movement with power, coordination and mobility. This training equipment not only trains the stabilizing muscles but at the same time our nervous system gets energized and stimulated.

Stages Cycling-A moderate to high intensity workout for people of all ages and fitness levels. This is a group indoor cycling class set to music and riders control their own intensity by adjusting speed and resistance load to meet their individual needs. Through heart rate training, riders will learn the benefits of endurance, interval, race pace and strength rides. As you ride the flats, climb the hills or jump out of the saddle, you will increase endurance and strength, burn major calories and jump start your metabolism. Whether you're an avid cyclist or someone new to Spinning®, we have the Spinning® class for you. Come and enjoy the ride! All classes are 45-minutes unless otherwise noted.

Aqua Boot Camp-A more intense Boot camp style of training incorporating use of pool equipment.

Aqua Mix-Instructor choice. We're mixing it up! Experience a different workout on Saturday mornings.

Aqua Strength-A total body strength training workout incorporating use of Hydro-Fit pool equipment.

Hydro Intervals-Interval training incorporating cardio & strength training.

FITNESS

MIND & BODY

CYCLING

AQUA