

	Fitness Works 1135 E Recker Rd. Mesa, AZ 85207 (480)807-5080	Fitness Works 1668 N Higley Rd. Gilbert, AZ 85234 (480)396-0086	Fitness Works 3050 S Gilbert Rd. Chandler, AZ 85249 (480)413-1111	Fitness Works 9675 W Camelback Rd. Phoenix, AZ 85037 (623)872-8000	Fitness Works 1433 E Williams Field RD Gilbert, AZ 85295 (480)963-5070	Fitness Work 2130 W Chandler Blvd. Chandler, AZ 85224 (480)812-0200
<h2>AQUA FITNESS CLASS DESCRIPTIONS</h2>						
AQUA AEROBICS (55 min)	Class includes 30-40 minutes of aerobics followed by toning, strengthening and stretching exercises. Class is safe for seniors or pre/post natal women, however - a great cardio workout for anyone.					
AQUA BALANCE (50 min)	With a focus on balance and range of motion, this non-impact class also incorporates strength, flexibility and stretching. Safe for all populations. We won't get your hair wet and no swimming ability or jumping is required.					
AQUA BOOTCAMP (55 min)	Looking for something different in your fitness plan? You love bootcamp on land.....try it in the WATER! This high intensity class will use resistance of the water to shape and tone muscles, not to mention - a great cardio workout. An athletic approach to water fitness. Whether you're a beginner or an avid fitness enthusiast, this aquatic fitness adventure is for you. Comfort in water is recommended.					
Aqua Fit (60 min)	A great, motivating aquatic exercise class incorporating all levels of fitness. This class incorporates both cardiovascular & resistance training. A great workout for the mind & body. Additional equipment, such as water noodles and aqua weights may be incorporated into this great workout.					
AQUA SCULPT (60 min)	This class is for all the Yoga, Pilates and Tai Chi lovers who want all those same benefits but in the comfort of the water. Strengthen and tone, as well as getting the advantage of a mind body class in the water!					
AQUA YOGA (50 min)	Develop your core strength and flexibility with 30 minutes in the water. Meditative movement to enhance stabilization, body awareness, balance, agility and coordination. Relaxation and breathing conclude our class. Bring your Yoga practice to the pool!					
 ZUMBA (55 min)	Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. (Mesa location only at this time)					
ENDURANCE SWIM	This adult swim class provides structured fitness swimming workouts designed to improve your endurance, distance and cardiovascular system. If you're training for a triathlon or want swimming to be part of your cardio system, this is the class for you.					
Family Swim	Bring your kids & come splash around in our pool. We'll even bring out water toys. It's a great way to spend quality time with your family. All ages welcome. Parents MUST be with children at all times.					
Joints in Motion (45 min)	This is a beginner to intermediate level aqua class with approximately 25 minutes of low impact cardiovascular training followed by strength and range of motion exercises. Both beginner and intermediate levels will be demonstrated.					
Power SPLASH (55 min)	A fun filled class that combines a variety of cardiovascular or interval segments to provide fat burning and endurance benefits. Strength training w/pool equipment followed by a full body stretch. Duration of aerobics and more intense movements make this class more advanced than your typical aqua aerobics levels.					
SPLASH (45 min)	Fun exercises performed in the water designed to improved daily living and functional activities. Designed for the older adult looking to keep active!!					
Swim Lessons	Lesson times vary. Please call Desert Swim School - (480)461-3888					
taQUAa (55 min)	This high intensity class takes the popular land-based Tabata interval format (20 seconds full out/10 seconds recover) into the water. This class will have you working harder than you ever thought possible, and burning calories long after your workout is over!					
<h2>CYCLING FITNESS CLASS DESCRIPTIONS</h2>						
 Cycle Party (55 min)	This fun and energetic 45-60 minute class challenges riders endurance, toughness and coordination. Riders will do intervals, jumps and sprints in and out of the saddle paired with a full upper body workout timed with High intensity heart thumping music! You'll feel like you sweat it out in your favorite dance club!					
 RPM (45 min)	Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive. <i>RPM MAX is the same great workout, but with 2 additional songs.</i>					
 VICIOUS CYCLE (45 min)	Take your cycling to the next level with this intense interval based class. You'll ride through a series of hills, jumps, flat terrain with speed or strength, and much more to improve your cardiovascular and strength endurance. You'll definitely want to bring a towel to this class!					
<h2>GROUP FITNESS CLASS DESCRIPTIONS</h2>						
60 MINUTE BODY BOMB!	60 minutes of hardcore strength and cardio intervals! This class will challenge your inner warrior as you push yourself to the next level with each interval. After you go hard, finish class with yoga based moves to bring balance and focus to the rest of your day.					
 BODY ATTACK (55 min)	BODYATTACK™ is the simple, sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. Options are given for all fitness levels.					
 BODY COMBAT (55 min)	BODYCOMBAT is The Workout With Punch. It is a high-energy cardiovascular training class that combines moves from a wide range of martial arts disciplines. Bodycombat allows you to punch and kick your way to increased fitness levels. The class improves fat burning potential, muscle coordination, strength, flexibility and agility. Bodycombat is suitable for anyone who wants a challenging and athletic class.					
 BODY JAM (55 min)	BODYJAM is the cardio class set to the latest music blended with the sensation of movement. With the emphasis as much on having fun as breaking a sweat, BODYJAM is an addictive fusion of dance and cardio moves. Unsure of the dance moves? Don't worry! EVERY class starts with a short technique session to help you get the most out of your workout and burn more calories!					
 BODYPUMP (55 min)	A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness classes.					
 BODY STEP (55 min)	BODYSTEP is the ultimate way to give your body a high energy cardio blast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.					
Bring It On (55 min)	Your instructor will creatively and effectively bring you an awesome and different workout for each class! Cardio, strength, circuits, intervals.....who knows??! BUT - it will be FUN!					
Cardio F.I.T (55 min)	Cardio F.I.T. ("Functional Interval Training") will combine cardio and resistance training to fire up your metabolism! You will burn calories, strengthen and define muscles, improve agility, endurance, coordination, flexibility and balance. This class includes floor work, step training and resistance tools. Options are provided throughout class to customize your workout. (55min)					
Cardio Dance (55 min)	Move your body to the beats of all the latest hip hop, R&B, Soul and Top 40 hits of today and previous decades. Your heart rate will increase, your fitness level will be challenged - all while you dance and HAVE FUN!					

Circuit Interval Training	Experience the ultimate in fitness. Speed drills, plyometrics, strength and power are key factors in this effective metabolic workout. Your body will be burning calories 24 hours after class. Take your fitness routine to the next level! Come ready to sweat and work hard!
CORE CARDIO (55 minutes)	Your core make you strong, balanced and fit. Focus on the entire core safely and effectively while getting your cardio in.
Mixed Fit (55 min)	Mixed Fit is a dance class that incorporates explosive movements and bootcamp Toning. This class is more than just a dance class - the movements are repetitive and easy to follow allowing you to keep your heart rate high and interval body weight toning segments to increase reluts quick.
POUND (45 min)	POUND Fitness uses weighted RipStix and is specially designed to put you in the calorie scorching zone. Sculpt your upper body, slim and strengthen your lower body, and get a rockin' core!
PUMP IT UP! (55 minutes)	A full body muscle conditioning class utilizing a variety of equipment to develop symmetry and muscular balance and strength. An effective ab workout and stretch completes your workout.
 SH'BAM (45 Min)	SH'BAM™ is the ultimate fun and sociable way to exercise. Featuring chart-topping popular hits and simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged.
 Classic (45 min)	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.
 Circuit (45 min)	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.
TABATA (55 min)	Short duration, high intensity interval training is where it's at in the fitness industry! This type of training continues to burn calories at a higher rate long after the workout session is complete. The results of a Tabata workout can reap the same benefits as a longer steady state workout, such as running for a half hour. Take the challenge!
Total Body Workout (55 min)	This class will make the most of your time. Enjoy a variety of cardiovascular work and muscle toning designed by the instructor. By doing both types of exercises, your body will work more efficiently to burn fat and your metabolism will increase.
 ZUMBA (55 min)	A fusion of Latin and International music, this class combines high energy and motivating music with unique moves and combinations that are not only fun, but easy to do. Join the Party!
MIND/BODY FITNESS CLASS DESCRIPTIONS	
 (55 min)	A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century. BODYFLOW brings mind and body into perfect harmony. Try this revolutionary holistic approach to fitness.
Gentle Yoga (45 min)	Yoga helps you to harness mental focus, manage stress, feel strong and empowered as you move through the Yoga poses. You will become stronger, more flexible and improve your balance in this class as you decompress from the day, you will feel refreshed and your tomorrow will begin refreshed. This class is designed for our members that are just getting into fitness, pregnant or a more mature generation.
PILATES (55 min)	Lengthen your muscles and improve your core strength and increase flexibility, which in turn will strengthen your entire body. This is an excellent class for all levels that are lookin for better body tone and definition combined with stress reduction and relaxation.
Rise and Shine Yoga (55 min)	Start your morning off on the right foot! Focus on meditative movement to enhance mind/body unity, build strength, balalance and coordination. Learn proper breathing techniques and correct spinal alignment.
STABILITY AND BALANCE (45 min)	Improve core strength, balance and flexibility with a series of upper and lower body stability challenges. Restorative breathing techniques and postural conditioning are enhanced from a seated or standing position.
Therapeutic Yoga (60 minutes)	This class offers an eclectic adaptation and application of yoga techniques and other holistic healing methods. Including, but not limit to: acupressure therapy, breathing practices, conscious relaxation, flexibility training, joint mobility exercises and Yoga Nidra.
YOGA (55 min)	Yoga helps you to harness mental focus, manage stress, feel strong and empowered as you move through the Yoga poses. You will become stronger, more flexible and improve your balance in this class as you decompress from the day, you will feel refreshed and your tomorrow will begin refreshed.
Yoga-Lates (55 min)	A combination of yoga and pilates. Work your core, lengthen and tone your leg muscles. Practice of youga poses for balance, strength and flexibility.
GPT CLASSES (Group Personal Training)	
<i>Join the Team that gets your body burning calories AFTER your workout has finished!</i>	
<i>GPT (Group Personal Training) brings you full body, fat burning, systematic workouts designed to boost your metabolism post exercise. Team training at it's finest, GPT is high energy, fast paced, interval training that targets every area of your body. Incorporating various equipment while educating you on how to properly train, GPT will get you to your goals faster! We are able to ensure such success by also utilizing MYZONE® the only exercise tracking system in the world that is able to provide real-time feedback of exercise intensity! MYZONE® is a chest strap monitoring system that transmits heart rate, calories and effort in real time to a live display and wirelessly uploads that data to a logbook that can be accessed online or through the free MYZONE® Lite App! The science behind the workouts and the MYZONE® takes our Team training to another level.</i>	
FORCE	Training full Force at a High Intensity is proven to be the fastest way to reach your goals. Our Afterburn coaches motivate you to give your all with advanced movements designed to challenge your entire body during this team training session. High intensity anaerobic exercise burns more calories than simply doing cardio so join us in Force to blast the fat faster!
H.I.I.T.	HIIT (High Intensity Interval Training), this class is designed to get you super fit, super fast!! With STRENGTH , PLYO and CARDIO formats, your body will transform into the athlete you strive to be! Coaches will provide individualized instruction along with motivation and drive to push you to the next level.
STRENGTH	Designed specifically to build strength, POWER will take you through timed intervals that focus on quality and increase power through the movements. Participants will be challenged through multiple levels of load while perfecting their technique in order to achieve the optimal amount of strength through all ranges of motion.