



# HomeTown Fitness Class Descriptions

HomeTown Fitness offers a variety of group exercise classes  
taught with all fitness levels in mind!

**RIP 60** 🔥 *Burn up to 430 Calories\** - **RIP** is a 60-minute barbell program for able-bodied men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.

**Bootcamp** 🔥 *Burn up to 550 Calories\** - Conditioning Military Style - inspired circuit workout using calisthenics, & training drills. No matter what your fitness level, this class is for those who want a no nonsense total body workout. Get results!

**Butts & Guts** 🔥 *Burn up to 250 Calories\** - A great strength workout designed to target all the right spots.

**CardioMix** 🔥 *Burn up to 200 Calories\** 30 minutes of pure cardio! This class will consist of a combination of low impact cardiovascular exercise to get your heart pumping!

**Core Control** 🔥 *Burn up to 250 Calories\** - Blast fat and tone with this intense strength workout! Core Control will include stability ball, bosu, weights and a variety of other training techniques to target not only your midsection, but your entire body!

**Cycling** 🔥 *Burn up to 600 Calories\** - Cycling is a great, intense, non-impact workout that combines outdoor cycling techniques with great music!

**Senior Silver® Sneakers** - The Silver Sneakers® Fitness Program offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health and maintain an active, independent lifestyle.

**Tabata** 🔥 *Burn up to 450 Calories\** - A short duration of high intensity exercise followed by a brief rest. In this class you will receive the aerobic benefit that running on a treadmill for 45 minutes would provide PLUS you get the anaerobic benefits of strength, speed and power. In addition, the high intensity workout will continue to burn extra calories for up to 24 hours. It is simply the fastest way to fitness and fat loss. Cardio, strength and much more!

**Yoga** - Mind-body connection that helps develop focus, balance, strength & flexibility.

**Zumba®** 🔥 *Burn up to 500 Calories\** - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked on an amazing feel good class.

## SGT STUDIO- Small Group Training

**Daily WOD** - Crossfit inspired “workout of the day” is a combination of cardiovascular, strength, agility, flexibility, coordination, and so much more! We can guarantee that you have never had a workout experience like this before. **WE PROMISE!**

**Battle Ropes** - Get ready for battle with this hard-core, sweat-fest utilizing the toughest fitness equipment around. This Battle Ropes class combines strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Get ready to make some serious waves!

**FitBox** - Kickboxing utilizing our water heavy bags. These bags are softer and more forgiving than standard heavy bags. The water absorbs the impact; plyometrics, dynamic strength training, isometrics, core strengthening and a mix of cardiovascular movements to help reach your goals and get results!

**TRX Rip Trainer** - Seamlessly combining multi-level cardio moves with unique strength training exercises, the RIP trainer is total-body, total-metabolic workout that will have you burning calories long after the workout is over. Attack your fitness goals head on with this awesome, training regimen that is tailor made for every fitness level. Rip Training provides a unique mix of core stability, strength, metabolic conditioning, balance and coordination exercises.

**TRX Senior** - Utilizing TRX Bands, you will be put through an orchestrated workout designed for seniors. Your body is your equipment. Your angle is your intensity. Cardio, strength, core.

\*Results will vary depending on several factors, including, but not limited to weight, exercise intensity, fitness level, etc. HTF does not guarantee these results and make no warranty regarding specific calories burned for any individual participating in our group exercise classes.