

# CITY CLUB...A CLASS ACT

City Club is widely known for having great fitness classes. There are 16 different classes, and all but 2 of them (Reformer Pilates and F. I. T.) are included with the dues for Full Membership. Members of all ages and levels of ability enjoy the motivation of being part of classes, and have lots of fun at the same time. With the exception of Reformer Pilates and F. I. T. classes, reservations are not necessary; just show up, enjoy being with your fellow members, and get moving!

## FITNESS CLASS DESCRIPTIONS



### ABS EXPRESS

**Abs Express** is an intense 30-minute class that focuses on the core. The abdominal muscles provide movement and support to the trunk and back and assist in the breathing process. When properly exercised, these muscles contribute to improve posture and balance and reduce the likelihood of back pain episodes, reduce the severity of back pain and provide flexibility as well. **Abs Express** is in the Group Exercise Studio on the street level across from the Grill.



### BACK TO BASICS

**Back to Basics** focuses on the total body using strength, endurance and some abdominal exercises. The men-only class, held in the free weight area of the Men's Fitness Center, does not involve any impact movements, such as running or jumping.



### BARRE IT! and BARRE IT! EXPRESS

Combining Pilates core conditioning with ballet barre work, this unique approach elongates, strengthens and gracefully tones the entire body. In **Barre It!** (a 50-minute class) light weights are used to enhance the effectiveness of upper body work. Mats and the ballet barre are used to tone abs and the lower body. **Barre It! Express** is a 30-minute class at the ballet barre. The majority of the class time focuses on legs and glutes as well as the entire core.



### BOOT CAMP

**Boot Camp** is conducted both indoors and outdoors. It mixes traditional calisthenic and body weight exercises with interval training and strength training. The class is designed in a way that pushes you harder than you would push yourself and, in that way, resembles a military boot camp. Get fast results with a Boot Camp class, and enjoy a supportive and motivational community of like-minded members.



### CARDIO BLAST

This 45 minute class is an excellent way to improve cardiovascular endurance and strength. It is a high intensity class taught both indoors and out, and includes various cardio exercises aimed at improving cardiovascular health and stamina.



### EXO CHAIR JUMP

A 30-minute, high-intensity Pilates training class using the Reformer jump board and the Pilates EXO Chair. The EXO chair is basically a box with one side that can be pressed down against the resistance of springs, like a large pedal. Though the basic design is simple, there are a myriad of exercises that can be performed on the EXO chair. It is excellent for strengthening the core muscles, arms and legs. Exercises are done lying, sitting, and standing on the chair, as well as from positions to the sides of the chair. The class is held in the Pilates Studio at the entrance to the Women's Fitness Center on the street level.



### EXTREME BODY SCULPT

This 60-minute class incorporates weight training with barbells and hand weights. A variety of exercises are utilized to increase muscle strength.



### F.I.T. (FUNCTIONAL INTENSIVE TRAINING)

This is an intense group training session with 1 to 2 trainers and 8 to 10 members (co-ed) in the City Club's specially-designed F. I. T. Room. The sessions vary widely each day, and incorporate traditional, functional and Olympic training techniques and methods. The exercises are scalable to your fitness level, although you should have an established baseline of consistent exercise before you attempt the class. This is a well-attended class, and the camaraderie is an added benefit! With your hard work, you will see and feel the results in your muscular strength and endurance. These benefits easily transfer to your everyday life.

#### F.I.T. CLASS RATES:

Single Class - \$10    8-Class Package, in 1-month increments - \$50 (\$6.25 per class)    Unlimited Class Package - \$85 per month

# FITNESS CLASS DESCRIPTIONS



## KETTLE BELLS

A kettle bell is a cast iron weight resembling a cannonball with a u-shaped handle. It is used for swinging, pressing, snatching (throwing overhead) and twisting, among other things. A kettle bell work-out promotes strength and endurance, particularly in the lower back, legs, and shoulder. Other benefits include flexibility, cardiovascular improvement, and greater grip strength. Kettle bells simply provide the ultimate, full body, calorie smashing work-out in 30 minutes. Kettle bell classes are co-ed, in the Group Exercise Studio on the street level across from the Grill.



## PUMP IT UP!

**Pump It Up!** is a specific 40-minute total body workout that combines cardio and strength training. This is a fast-paced class where members jump and step their way to great health. The class is held in the Group Exercise Studio on the street level across from the Grill.



## REFORMER PILATES

In this 50-minute class, offered several times daily, all kinds of exercises are done on the reformer to promote length, strength, flexibility and balance. Most Pilates Reformer exercises have to do with pushing or pulling the carriage, which is attached to one end of the reformer by a set of springs, or holding the carriage steady during an exercise as it is pulled on by the springs. The Reformer is large enough to accommodate full-range motion which is wonderful for increasing flexibility while building strength and creating length. Pushing and pulling with legs or arms against the resistance of the springs, carriage, and body weight is generally strength building. Exercising with the Reformer is possible for anyone, at any level of fitness. Classes are held in the Pilates Studio on the street level at the entrance to the Women's Fitness Center.

REFORMER CLASS RATES (Packages based on 3-month increments):

Single Class - \$12

12-Class Package - \$108 (\$9 per class)

24-Class Package - \$192 (\$8 per class)



## MAT PILATES

Using the principles of the Pilates method, a series of movements that are fluid and constant are conducted on a mat. Props such as exercise balls, and magic circle rings create a fun and challenging work-out. Benefits are improved strength, posture, agility and flexibility, as well as toned muscles, within a few months from once-a-week Pilates mat sessions. The 50-minute class is held in the Group Exercise Studio on the street level across from the Grill.



## SPINNING

Spinning is an intense cycling workout in a non-competitive co-ed group setting. With several classes each week, there are no complicated patterns to learn in this class; just 5 easy-to-master core movements. The combination of music, visual imagery and group dynamics makes spinning a fun and inspiring workout. While you may get bored exercising on your own and cut your workout short, in spinning class you get caught up in the ride and keep going. The group atmosphere provides you with energy and motivation to work harder than you might on your own. The instructor guides you through the class, but YOU control the resistance so you can work at your own pace. Cycling is a low-impact activity, meaning that it is less stressful on the joints than other activities. People with injuries or arthritis appreciate the chance to achieve a high-intensity cardio workout without aggravating their problems. The only things to bring are a water bottle, bike shorts and a towel. Bike shoes are helpful, but they are not necessary. Spinning is available to women and men in the Club's award-winning Spin Studio, located in the Men's Fitness Center.

## SPIN/CIRCUIT

A 60-minute work-out that incorporates a mixture of cycling in the Spin Studio as well as off-the-bike activities such as jump rope, jumping jacks and abs work. (It changes with every class.)



## TRINITY RUN/WALK

This 60-minute outdoor adventure class for women and men incorporates speed and Nordic Walking as a group while enjoying the scenes of Fort Worth. Nordic Walking is regular walking made up to 40% more effective by the use of specifically designed hand-held Nordic Walker® poles. With Nordic Walking, you can burn up to 40% more calories than regular walking, strengthen your upper body and reduce stress on joints.



## YOGA

The Vinyasa Flow Series is a balanced and complete Yoga practice designed for daily, regular use. It builds strength, balance, flexibility, endurance, grace and beauty. Over time, it can purify the internal organs combining Vinyasa (movement and breathing) and meditation.