



# FITNESS CLASS DESCRIPTION

## **Spin/Cycle**

Burn 400-700 calories in this intense spin/cycle class that will be sure to give an athletic ride with a variety of drills and riving music. Classes consist of three energy zones - endurance: builds aerobic threshold and burn fat, interval: challenges the rider to work in their high intensity zones, and strengthen: cycle in anaerobic zone building lean muscle and increasing power.

## **Yoga Vinyasa Flow**

This open class incorporates energizing postures that build strength, stamina, flexibility, and balance. Will get the heart rate up yet at the same time leaving you feel relaxed in your body, mind & soul.

## **RIPPED**

R.I.P.P.E.D. is an acronym in which each letter represents different sections of the class - Resistance, Intervals, Power, Plyometric, Endurance, and Diet. Regular RIPPED participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes! This class is for everyone. There are low and high level options for each section of the workout.

## **Zumba**

A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms to improve cardiovascular fitness. Benefits: a total workout combining all the elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

## **Functional Fitness**

Functional Fitness is a training methodology that prepares the body for real life movements and activities. It trains your muscles to work together and prepares them for daily tasks by simulating common movements you might do at home, at work, or in sports.



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