New for Fall 2017: GX Special Programs and Donation-Based Community Classes
**Pre-registration and additional payment required.

**Acro Yoga**: A combination of yoga, acrobatics and Thai massage! A fun way to practice yoga with other people. The classes are challenging, yet accessible to all. Expect to not only develop a deeper sense of balance, core strength, and flexibility, but to learn to communicate clearly, build trust and reliability. $25 per person, per 8-week session. $10 discount if pairs sign up together at the RSF office.

**GX-30**: This instructional-based, functional strength class is designed to increase your progress on strength and endurance. This class will challenge you to achieve your goals, help you improve techniques, and introduce you to new workout equipment. $15 per person, per 8-week session.

**Featherweight Fit Boxing**: Fiercely feminine! During this women-focused special program you will learn and build on basic boxing skills and techniques. The workouts are designed to increase muscular strength and cardio endurance. The class will include strength training, cardio, heavy bag work and core strengthening exercises. $25 per person, per 8-week session.

**Kickboxing**: A fusion of combat and sports-based kicking and punching originally developed from Karate and Muay Thay. This is a practice for self-defense, general fitness, and/or contact sports. $25 per person, per 8-week session.

**Yoga for Climbers**: A flow style yoga class designed to increase mobility in hips, shoulders, wrists and ankles for climbing or other outdoor sports. This is a drop-in, donation-based class. Recommended donation is $3-5 dollars per class. All proceeds will go to Climbing Wall and GX programming.

**Strength, Core and Cardio Conditioning**

**AMPD® Kettlebell**: Heart-pumping music and your favorite kettlebell moves for a full-body burn.

**Boot Camp**: For anyone who wants to be pushed harder than they will work out on their own! Activities include interval training, pushups, plyometrics, lunges, planks, running, liners, and more. Every workout will be different.

**CORE**: Cardio and strength conditioning focused on the core.

**Cycle**: Drills including hills, sprints, cardio challenges and outdoor simulations guaranteed to get the heart pumping and the legs burning. Excellent cross-training for those involved in high-impact sports and/or activities.

**Cycle + Strength/Kettlebell/TRX**: Traditional cycle fused with designated strength formats for a circuit-style workout.

**Hydro Run**: Run without impact! Not to be underestimated, gain an intense cardio workout with less stress on joints.

**Hit HIIT**: Pure cardio workout using a variety of boxing, kicking, and plyometric moves for a satisfying total-body burn.

**INSANITY®**: A total-body workout that utilizes high-intensity interval training and bodyweight exercises.

**Max Core**: A total body workout with emphasis on core strength and flexibility.

**Muscle Pump**: A muscle endurance workout using weights and bodyweight to target all major muscle groups. This class raises heart rate through high repetitions of each exercise. Adjust weights and exercise levels to meet individual needs.

**P90x®**: Total body workout that will keep muscles guessing—and changing! Strength training, cardio, and core work.

**TRX Foundations**: Suspension strength training geared towards beginners.

**TRX for the Trail**: Suspension strength and mobility training geared towards runners, hikers and conditioned participants.

**ViPR® Circuit**: ViPR stands for vitality, performance, and re-conditioning. High-intensity circuits focusing on athletic, high-quality movement are sure to be fun and challenging for any fitness level!

**Choreographed Fitness**

**OULA**: Inspiring and fun dance with easy to follow choreography based on Top 40 music.

**POUND®**: A cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

**Zumba®**: Total body workout that will keep muscles guessing—and changing! Strength training, cardio, and core work.

**STRONG®**: STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**Barre, Yoga and Pilates**

**Aqua Yoga**: Low-impact, fun and effortless way to get all the benefits of yoga, without breaking a sweat! It is a perfect alternative to land-based yoga practice, while being less stressful on the joints.

**Barre Basics**: Barre Sculpt with a “Back to Basics” mentality. All levels will benefit; special focus towards beginners.

**Barre Sculpt**: Fun, fresh, low-impact class designed to tone and sculpt your body. Inspired by dance, Pilates and yoga.

**Pilates Mat**: Pilates is a total body-conditioning system to improve muscle control, strength and flexibility.

**Restorative Yoga**: Relieve the effects of chronic stress with the use of props and poses.

**Yoga**: Utilize breathing to focus internally and to unite the body and mind in movement, mediation and relaxation. Stretches and poses to increase flexibility, strength, endurance, poise, and balance.

**Yoga Flow**: All-level yoga; sync breath & movements in flowing sequence of poses, core strengthening and physical challenges mixed with stretching and restorative poses, for balance of body and mind.