

Group Fitness Class Descriptions

As of January 15, 2019

Building a Community of Wellness

Barre - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music.

Barre Express - The perfect option to get a great burn in quickly and effectively.

BodyPump/Les Mills - The athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. Designed for all ages and fitness levels.

BodyPump Circuit - Best of BodyPump and interval training.

Cardio Kick - Cardio Kickboxing is an intense workout combining martial arts, boxing and cardiovascular movements to give you the results you desire.

Cycle - "Let's ride"...You control the bike's resistance from slow hill climbs to sprinting speed work. Increase endurance, up your energy, burn major calories, and jump-start your metabolism. It's a cardio class without comparison!

Cycle Circuit/Sculpt - Best of both worlds; cycle and strength training. This is an excellent cross-training class for all skill and fitness levels.

Cycle Express - Rev it up and burn some calories fast in this rapid cycle class.

Get Pumped - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Pump it up!

High Intensity Interval Training (HIIT) Kickboxing - Intense interval training combined with explosive kickboxing moves, which deliver dramatic changes and rapid results.

Joyful Movement - A combination of Tai Chi and Yoga with easy to follow stretching that will increase your flexibility & balance, increase strength & body awareness, and rejuvenate the mind and body.

Low Impact - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow low impact workout!

Pilates - Transform the way your body looks, feels and performs with a Pilates class. Pilates improves flexibility, agility and economy of motion. It builds strength without excess bulk, creating a sleek and toned body.

Pilates Barre Fusion - A fun, energetic, workout that fuses Pilates with Barre work for total-body conditioning, geared for all fitness levels. This fusion style class will sculpt your body, focus your mind, add flexibility, balance, and improve overall fitness.

Pound - Pound is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

SilverSneakers® - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work SilverSneakers equipment is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

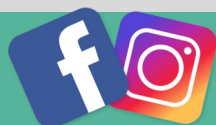
Step Circuit - Combines simple, heart-pumping step routines with sculpt training intervals to give you a total body workout. This is an excellent cross-training class for all skill and fitness levels.

Super Sculpt - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Work hard and have fun.

Yoga - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life.

Zumba® - Ditch the workout and join the party! Class features exotic rhythms set to high-energy Latin and international beats. It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party!

Monday - Friday: 6:00 am - 10:00 pm
Saturday - Sunday: 7:00 am - 4:30 pm



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