

OBSTACLE INTERVAL FITNESS CENTER CLASS DESCRIPTIONS

CIRCUIT CITY - A high intensity interval class designed to push your body to the limit. You will use all of your muscle groups allowing for little rest. This class will utilize the Queenax frame, and suspension apps for an awesome functional fitness experience. (On-going class, meets weekly) **NO FEE – INTERMEDIATE/ADVANCED**

SUPERFUNCTIONAL BOOST – Push your body to the next level with this 30-minute class using the Superfunctional fitness bar. The bar allows for pushing, pulling, swinging, hanging, standing, and seated movements. You will engage every muscle in your body using this suspension system. Many modifications offered. (4-week session, meets twice a week) **ALL LEVELS**

SUPERFUNCTIONAL 45 – Same format as Superfunctional Boost – Class is 45 minutes. (8-week session, meets once a week) **ALL LEVELS**

SUPERFUNCTIONAL 55+ – Same format as Superfunctional Boost – Class is 45 minutes and designed for older active adults 55 and older. (8-week session, meets once a week) **ALL LEVELS**

TRX – A suspended bodyweight training app that has independent handles that connect to a single anchor point, requiring heightened neuromuscular control and exposing imbalances and muscle weakness from side to side. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. (8-week session, meets once a week) **INTERMEDIATE/ADVANCED**

4D-PRO – "A suspension fitness trampoline!" A bungee cord attached at a single anchor point rebounds your body at every angle. The elastic nature of the trampolines gives exercises the ability to jump higher and leap further all while protecting your joints and boosting your cardio. We will spend time working on core control and mental concentration in order to build your stability and balance. (8-week session, meets once a week) **ALL LEVELS**

METABOLIC FIT – Metabolic Fit is a goal oriented program for people seeking a lean and fit body using the complete Queenax system. This HIIT class focuses on high calorie expenditure and lean body mass development through intense workouts followed by rest periods. (8-week session, meets once a week) **INTERMEDIATE/ADVANCED**

BARCODE 30 + TRX – A strength and flexibility class inspired by classic dance genres utilizing the superfunctional bars. We will work on the mid-section of the body to tone and sculpt the core, inner and outer thighs, glutes, and quads while building ankle strength. TRX will be used to strengthen the upper body and core. (8-week session, meets once a week) **ALL LEVELS**

INTRO TO Q – This 8 week class will introduce you to Superfunctional bars, 4D-PRO, TRX, and Circuit City. Every two weeks will focus on different apps for the Queenax frame. This is the perfect way to get introduced to all that we can offer in suspension training and more. (8-week session, meets once a week) **ALL LEVELS**

FAMILY INTRO TO Q – Introduce yourself to the "Q" as a family! Must be 6-12 years old accompanied by a parent. This 8 week class will introduce you to Superfunctional bars, 4D-PRO, TRX, and Circuit City. Every two weeks will focus on different apps for the Queenax frame. (8-week session, meets once a week) **ALL LEVELS**

Q TEAM – Queenax Team is a FUNctional program that builds camaraderie, group engagement, and accountability among peers and coaches. Workouts incorporate play-based movements and challenges that keep you motivated and engaged. Variety is critical to these classes that focus on total body fitness. (8-week session, meets once a week) **ALL LEVELS**

Q KIDZ – This class will use the complete Queenax system including the Superfunctional bars. KIDZ will work on Grip Strength, Landing mechanisms, upper body strength and power, core control, shoulder mobility, and Hand-eye coordination. Ages: 6-12 years (8-week session, meets once a week) **ALL LEVELS**

Q TEEN – COMING SOON! This class will use the complete Queenax System including suspension. Teens will utilize 4D-PRO, Superfunctional, and TRX stations to improve muscle strength, endurance and flexibility. Have fun sport conditioning using battle ropes, heavy bags, mobile parallels, monkey bars, plyometric platform, rebounder, and strong++ pulley system. Ages: 13 to 18 years (8-week session, meets once a week) **ALL LEVELS**