



# **Body Design**

## **Group Exercise Program**

Are you ready for the next evolution of Group Exercise?

The Gym is proud to offer the future of group fitness to our members today!

Let us Introduce **Body Design**....

Long gone are the days of choreographed group exercise programs that don't target your specific needs and push you to continually improve your fitness. Our facility is designed with one main focus, Results! The **Body Design** program has been developed to improve basic body alignment and focus on functional strength, power, speed, and stability. You will not only develop muscle strength and toning, but overall functional strength and athleticism.

### **Functional Strength?**

Your body is not designed to work in isolated movements. Muscle groups interrelate as you perform your daily and athletic tasks. **Body Design** classes work your muscles together, not in isolations, to improve your overall core strength, develop stability, and ultimately prevent injury. In short, we are developing Usable Muscles.

### **Who Benefits from Body Design?**

**EVERYONE!** **Body Design** is for all ages, male, female, and all fitness levels.

Unlike traditional group exercise classes, **Body Design** instructors can individualize your workout with modifications if you are unable to perform certain exercises. ALL participants get the same result at their own pace!

## ***The Program***

---

**BODY STRENGTH:** A class designed around the basic foundations - develop core strength, improve stability, and tone utilizing pushing and pulling style exercises.

**CARDIO CONCEPTS:** A blend of cardio utilizing tread-mills, cycling, and surprise activities to build your cardio endurance.

**CYCLE:** Burn up to 400 calories in 30 minutes in our Cycling Theatre.

**AB LAB:** This quick 30 minute class will help you develop a stronger CORE. This is a class everybody should attend!

---

*Classes are offered 5 days a week and at no extra charge. See the schedule posted at the club or on the web at [TheGymDubuque.com](http://TheGymDubuque.com)*