

Class Descriptions

BarreToned Body a barefoot training program that will help shape your upper body, tighten your tummy, trim your hips and challenge your balance. Barre Tone is a total body workout that creates a lean and firm physique by using light weights, your own body weight, and high reps.

FLEX is a cardio based class that changes weekly using stability equipment, partner drills, circuit training and more to get your heart pumping. End each class with an extended stretch sequence to increase flexibility and speed recovery. The workout is flexible and you will be too with FLEX!

Cardio Mashup is a cardio based class that changes formats each week covering everything from step to HIIT.

CardioSculpt Alternating strength & cardio intervals will keep your heart pumping! See results in a shorter period of time as this class helps you increase your body's metabolism, which means that by reducing body fat & putting on muscle you'll have more calorie burning power.

Cycle Is an invigorating workout for all fitness levels. Ride to the rhythm of powerful music and take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Sweat and burn to reach your endorphin high and discover your athlete within.

Cycle Core & Cycle Sculpt 30min cycle workout followed by 30minutes of Core or 30minutes of strength work.

Cycle Strength uses light weights in between cycle intervals for a total body workout.

Foam Roller Self-myofascial *release* also known as "foam rolling," is done using a simple *foam roller* so that you can improve flexibility, function, performance.

HealthyFit 55

A total body workout that includes flexibility exercises to improve your range of motion; strength training exercises to enhance overall muscle tone, bone density, and balance. This class is packed full of fun and effective easy to follow aerobic moves, challenging yet safe strength exercises, and gentle stretching to help you continue doing the activities you enjoy.

High Intensity Interval Training (HIIT) Burn calories even after you leave the gym with this fantastic workout that alternates intervals of high & low intensity exercise.

INSANITY

INSANITY™ is a cardio class, based on max interval training. This class will push you to your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape—levels of each exercise are provided. Time to dig deep!

PSOX

is a full-body, high intensity, multi-faceted resistance & functional training regimen that features four unique blocks of work: Cardio X, lower & upper strength & X Core. Suitable for all levels.

PILATES

Improve flexibility, strength, posture, & alignment; achieve body symmetry by learning to use your core to support all movement.

RED WARRIOR

A unique combination of martial arts & bootcamp set to music and delivered in 5 minute rounds. Empowering your body & mind.

R.E.V. Revolutionary Exercise Variations is a powerful educational class format that takes your workout out of the classroom and onto the gym floor! Learn essential elements of fitness including power, speed, agility, balance, endurance and more! No two classes are alike...join the revolution!

SPINSANITY: Whether you're still in "Training Wheels" or like to "Pedal for Power", this one hour cycle workout is for any fitness level.

StepXpress Step combinations that increase gradually in complexity with rhythm and directional changes that can be dance or sport inspired.

Tabata Xtrain A high intensity interval training workout that follows the Tabata protocol of 20 seconds of working hard, followed by 10 seconds of rest and repeated for 8 cycles. This is a high intensity class at YOUR level. No choreography, but a highly efficient workout with maximum results!

Total Body Conditioning class uses weights, bars, bands, mats and good ol' fashioned body weight and gravity to provide a challenging strength and endurance workout for every major muscle group in your body.

TripleHIIT (step) High Intensity Interval Training to the 3rd Power! This workout will combine cardio, strength & core exercises in a high intensity interval format using the step for maximum results! that will re-shock your body to continue to gain results. This style of training will keep your metabolism burning for hours and create a lean, strong and super fit you.

TURBO KICK

Turbo Kick® is a unique combination of kickboxing & dance moves all perfectly choreographed to high energy music to create intense interval, strength & endurance training. No previous kickboxing or dance experience required.

WERQ® is a fiercely fun dance fitness workout based on today's hottest pop, rock & hip hop music. Class begins with a head to toe warm up, gets your blood pumping with moves from current music videos and cools down with balance & yoga inspired poses.

YOGA Develop flexibility, strength and stamina with classic yoga postures (asanas). Emphasis is on the alignment principles of Iyengar Yoga and the art of moving systematically from one asana to another (vinyasa).

YOGA (Daoist) This practice begins with a focus on developing flexibility which enables one to move with the fluidity and grace of one's primal nature. Initially longer slower holds are emphasized, but all are done within the student's own capabilities and is suitable for all levels of students. Strength and movement develop through the practice as well as a focused and still mind.

YOGA GENTLE FLOW focuses on cooling postures to stretch and release the body. Appropriate for all ages and levels.

Power Yoga: an athletic style yoga that incorporates flow, alignment, standing poses and more.



uses Latin and international music and dance themes to create a dynamic, exciting, effective workout! The routines feature interval training with a combination of easy to follow fast and slow rhythms and a mixture of body sculpting moves.

100's 10 exercises x 10 circuits = 100's! Burn tons of calories in this intense & effective 30 minute workout using minimal equipment but maximum effort. (Offered only last Monday of each month.)

All classes are conducted on a first-come, first-served basis.

Don't be shy! We want to get to know you. Please introduce yourself to the instructor if you are new to his/her class. It is also helpful to let us know if you have any medical conditions that might make any part of class impossible or dangerous, so we may help you with options.



VANTAGE FITNESS

A Smarter Workout

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GYM HOURS

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|-------------------|------------------|
| Monday – Thursday | 5:00am – 10:00pm |
| Friday | 5:00am – 9:00pm |
| Saturday | 7:00am – 8:00pm |
| Sunday | 8:00am – 8:00pm |

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