

Carving Core



WHAT IS IT?

Who doesn't want that fabulous looking mid section?! This class is the way to get you there! This 30 minute action packed classes pushes your core to the max! It aims to tone and strengthen the muscles from your shoulders to your hips. Motivating instructors and music will keep you sweating for 30 minutes non-stop!

WHAT WILL I DO?

The Circuit consists of 6 sections that make use of different ranges of motion, speeds, and intensity to create a fun and highly effective workout.

1. Body prep – We start off in light stretch warming up all our muscles and getting us ready for the challenge ahead!
2. Functional – This is where the intensity begins by using our everyday core muscles and challenging them to continue burning through repetitions.
3. Maximum – The pace only increases here! This section is made up of conditioning for your core that will push it to its maximum strength!
4. Stability – The pace is slowed down here to focus on balance and control, while still working the main muscles. Here you have a chance to target the areas you may be weak in.
5. Total Intensity – This is the last peak for the class; you push your core to the edge giving it all you have.
6. Stretch – Wrap up your recovery and relax from your workout with some stress reversal for your muscles.

IS IT FOR ME?

Last we checked everyone loves the beach and being outside, so if you want to look your best all year round this is the class for you! If you want to burn calories, burn fat, shape and strengthen your core and have fun doing it, then the Carving Core is for you. This class attracts people with all different levels of exercise experience, fitness, and exercise goals because you control the intensity of your workout.

HOW OFTEN SHOULD I DO IT?

With this class the more the better! The core section is often the hardest to improve upon, therefore the more we work it the better. Unlike other classes this class is not high in cardio and can be easily combined with other classes. How you feel is your best judgment of your body's recovery requirements between workouts.

*For this class you will need to bring a small towel!

** Don't forget your water bottle! **