



Asheville RUSH Fitness Complex Exercise Class Descriptions



Cardio

Dance Classes

- **Zumba**—The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.
- **Cardio Dance**- Line dancing and other dance moves will keep you dancing your way to fitness.
- **Hip Hop** -- Learn the most up to date dance moves while getting down and letting loose.
- **Belly Dance**- Work many muscles while you sway and sashay. It's soft for the joints, yet very energetic.
- **Nia Dance** - A creative cardiovascular workout for all fitness levels, Nia blends Dance with elements from the Martial Arts & Healing Arts. Dance meets Kick-boxing meets Yoga.

Drills Classes—minimal rhythm/coordination needed!

- **Circuit Training**—Total body workout plus cardio at different exercise stations.

Step Classes—using Step bench

- **Step Sculpt**—Step choreography & drill work combined with muscle conditioning for a tough all-around workout.
- **Step**—A pure step class with lots of moves using the bench.

Kickboxing Classes

- **Kickbox**—Kickboxing drills and choreography for an intense cardio workout.
- **Turbokick** – Fusion of hip hop and kickboxing for the hottest cardio kickbox class around.

Total Body – Just as it sounds. Get a total body workout, incorporating cardio and strength. Also, try a special low impact class or classes designed for Baby Boomers and beyond.



Muscular Strength & Endurance

- **Abs**—Core muscle work—concentrating on strengthening the abdominal, lower back muscles
- **Sculpt**—A strength class using a variety of equipment for a total body workout.
- **Rush Power X**—Rush Power X is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Rush Power X is for all ages and fitness levels. Discover results, discover Rush Power X!



Cycling

- **Spin Cycle**—Stationary cycling at its best. Legs, heart, & mind get a challenge as we pedal the miles (and hills!)



Mind/Body

- **Pilates**—Work on your balance, strength, & core control with this amazing class. You'll have to take it to believe!
- **Yoga**—Stretch & move your way to better health with our classic fitness yoga class. Instructors may incorporate various yoga styles and movements into the class experience.
- **Power Yoga**-moves through the poses fast. Not for beginners.
- **Tai chi** - A form of modern martial arts incorporating the practice of Qigong, Taiji, and Gong Fu. Train for health, sport, and self-defense using functional associations with natural movements.
- **Gyrokinesis**-Work on the entire body through seven natural elements of spinal movement, making exercises appear and feel more like a dance and swimming than like traditional yoga.



Water

- **Water Works**—Work your cardiovascular system & muscles with a powerful water aerobics workout. Great for a lower impact workout.
- **Fitness Swim**- Swim for fitness! You haven't been through a workout until you've tried it in the water! This is a cardiovascular workout incorporating lap swimming and endurance using various strokes and medley formats. Great for triathlon training, competitive swimming, or to push yourself to new levels in the water.

Class Cancellation Policy: Classes may be canceled at any time due to weather or unexpected events even when The Rush remains open. Please call to see if your favorite class is still being held during periods of inclement weather during the winter months.