



# ANATOMY

at 1 Hotel South Beach

*Group Fitness Class Descriptions*

- **1 Healing**- 1 Healing combines breathing techniques, aligning posture, singing bowls, and Pranic Healing; through a holistic approach to cleanse energy fields. The remaining of the class allows for deep relaxation, which will reveal our coexistence with nature.
- **Dynamic Flow Yoga**- In this invigorating yoga class we combine breath and movement to get a complete workout for mind, body, and soul.
- **Throwdown**- This total body movement class is filled with HIIT and AMRAP stations that will not only challenge you but will change the way you workout! From throwing down the hottest new fitness moves to the highest energy beats be sure not miss this class. Let's get ready to Throw Down!
- **Round 1**- This combination of cardio boxing and functional movements will have you testing your body to the max. A full body challenge that will have you punching off those pounds to leave you feeling nothing less than a knockout.
- **Hardcore**- Training your core is an important aspect with all types of exercising. Whether you are training to get stronger, lose body fat, or simply aesthetics, you won't want to miss Hardcore! This class will help strengthen and define your entire core, using a variety of dynamic, stabilizing, and resistance training movements.
- **Soul Sweat**- Soul Sweat is a barefoot bootcamp-style class on a yoga mat. You can expect to initiate with grounding and centering ourselves by setting an intention before we start to consciously sweat! A low-impact but high intensity full body workout. Then we finish this "active meditation" with a deep stretch and relaxation. Focusing on the mind, body and soul throughout the entire class.
- **Restore**- This restorative yoga class incorporates blocks, bolsters, and straps with hands-on assistance. Quiet your mind and relax your body. Reset physically, mentally, and spiritually to feed your soul. You'll leave this class feeling restored.
- **Booty Blast**- The glutes are one of the most important muscles in the body. In Miami, especially, they are the centerpiece! Booty Blast is a high energy, intense class focused on developing, sculpting and strengthening the booty. Booty Blast uses various movements in all modalities

and equipment.

- **Little Anatomy**- Little Anatomy is a fun way to get your kids moving! Children from the age of 6-12 will be led through a total body workout.
- **Anatomy Academy: Mace**– Ready for a lower body challenge and intense conditioning? Simple strength movements like the lunge, squat and deadlift are much more effective with the steel mace. The steel mace is a long, unbalanced implement used to engage the core and stabilize the body in a dynamic way.
- **Precision Pilates**– Lengthen, Tone and always leave feeling good with this classical mat Pilates class offering. Designed with you in mind, our 60-minute mat class is sure to give you an amazing workout while focusing on the “6” core principles of Pilates.
- **Sync + Stretch**– Keeping our muscles flexible, strong and healthy is essential to living an optimal life. The stresses of life, long hours at work and sitting too much can often hinder us from living well. Sync your mind and body with this deep stretch class that will leave you feeling great and in tune with your body.
- **Glute Camp**: Recruiting all swole-diers! Transform your body and mind through challenging leg exercises targeting the Glutes, Quads & Hamstrings. Fire up your Posterior Chain with strategic activation drills, embracing this lower body burn. Increase strength and build muscle definition, leaving you feeling confident and prepared for any obstacle.
- **1 Relay**: Find yourself reaching new levels by joining forces with your fellow peers in relaying against each other. Who will reach the top together first?!
- **STRONG Running**: Believing everyone can run, Strong Running is a strength and running mechanics class for all levels. Runners are first introduced to new muscle groups through a strength training circuit, immediately followed by a track-style interval workout to train their newfound stride and push their endurance. Class capacity is set at 30 attendees.