



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.
- **Slow Flow Yoga**- Perfect for students who want to learn more about the poses (asanas), explore breath work and meditation, or just slow down. This class will allow you to deepen into your practice while pairing breath to movement, inviting awareness into sensations in the body and relaxing completely.
- **Metabolic Breakdown**- This 45-minute high-intensity functional training will challenge and improve your speed, agility, and core strength, all while burning maximal calories!
- **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.
- **Limitless**- Full Body High-Intensity Interval Training class that will make your body burn fat and build muscle. In this class, you will be using equipment such as barbells, medicine balls, kettlebells, and your own body weight. Come ready to sweat and push yourself beyond your limit!

- **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.
- **Stride**– Learn to run faster and more efficiently through interval treadmill running. A running class for people who hate to run!
- **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.
- **Barre-Lates**- Barre-lates is a mix of classical and contemporary Mat Pilates along with Barreless Barre exercises which combines high reps of small range-of-motion movements to tone and lengthen every muscle. All levels welcome, modifications provided. Be prepared to sculpt, shake, sweat and stretch in this challenging class!
- **Kettlebell Flow**- Real metabolic strength and conditioning training using kettlebells!
- **Punchout Pilates**- Sculpt and tone your body instantly with this unique dynamic flow of functional bodyweight Pilates movement combined with hand weight shadow boxing.. get ready to sweat!
- **Barre Bootcamp**- This 45-minute heart raising Barreless Barre experience combines isometric strength training with high reps of small range-of-motion movements to deliver a high intensity, low impact workout. Expect to pulse, lunge and squat in this faster-paced, challenging class. Barre Bootcamp is a fat-burning, total body strengthening workout. All levels welcome and modifications provided. Expect to shake and sweat!
- **Gun Show**- Muscle endurance and definition. This class is a circuit training of deltoids, biceps, triceps and upper body blast!
- **Move 360**- Increase mobility, improve posture, and manage any aches and pains through active, intentional movement and breathwork.
- **Rise**- 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 in this alignment/muscle engagement-driven sunrise yoga class that will leave you feeling refreshed!
- **Training Camp**- Is a unique full-body movement class, designed to build strength and awareness from within.
- **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.