



Tehama Family Fitness Centers

Red Bluff and Redding, California

Telephone: 530-528-8656

Website: <http://www.tehamafamilyfitness.com/news>

Class Descriptions

Abs Blast – This excellent 30-minute workout is a fast moving class that targets your abdominal in ways you never tried before. It's a great addition to any cardio workout.

Bod * A * Pump - The latest boot camp style workout around. Individual songs will take you through endurance exercises anywhere from weight training to sports training. Class formats change every 4-6 weeks, so our body will always have a challenge.

Butts & Guts - An intense 30-minute workout that will target the abs and glutes. Moving right from one exercise to another really packs them in for a great class.

Combat Kickboxing – Will give you a great cardiovascular workout at the same time teaching you proper boxing techniques straight out of the UFC.

Kids Fit - This class is designed for kid's ages 6-11 years. Parachute games, mini trampoline, steps, and lots of other fun

fitness games are just a few of the things that TFFC kids will be doing.

Kick n' Jam - Will incorporate a little dance straight from the club. Both should be a fun and exciting way to get a great workout.

Pilates – Pilates is the latest craze in the fitness industry. It is a great class to improve core strength and flexibility, at the same time teaching you how to breathe properly and improve posture.

Senior Circuit & Sculpt – A great class for any level. A lower impact interval training that will definitely give you a terrific workout. Fun for all at any age!

Spin - This is a great calorie burner. An average spin class burns approximately 500 calories in 45 minutes. Traveling through a series of sprints, hill, jumps, and intervals, you're guaranteed to have a good time.

Spin/Tone- Along with all of the biking we add intervals of weight training off the bike just to add a little extra to your workout.

Step – Increase your cardiovascular endurance while moving to great music, what could be more fun than that? All classes incorporate body sculpting using either weights, ball, glides, etc. End the workout with a great set of abdominal exercises and stretch.

Tai Chi Chuan- A great class that will relieve stress, improve your balance, and promote concentration and relaxation. It's an excellent class for all populations.

Water Aerobics – This class is a refreshing, low impact and energetic workout that utilizes buoyancy, resistance and other

properties of the water. This fun filled workout is designed to condition your heart and lungs, tone and sculpt the body and lift your spirit.

Yoga – A total mind and body workout experience designed for all fitness and experience levels. Great for increasing oxygen capacity, flexibility, and body control.

Description of Some of the Many Fitness Classes Offered

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