

Using Exercise Classes To Achieve Informed Fitness

Our fee-based Small Group Training (SGT) classes and our more than 70 free Group Exercise classes embrace the five core components of fitness: Cardiovascular Fitness, Muscular Strength & Endurance, Flexibility & Range of Motion, Balance & Agility, and Skill/Form Development. By combining these classes with one another, you can plan your recommended weekly allowance of each component and ensure an informed approach to fitness.

INFORMED FITNESS	Cardiovascular Fitness	Muscular Strength & Endurance	Flexibility & Range of Motion	Balance & Agility	Skill & Form Development
AI Stretch			☯		
Boot Camp/Circuit Training	📊	🏋️		🧘	🏃
Cardio Kickboxing	📊			🧘	🏃
Chi Gung/Tai Chi SGT				🧘	🏃
Dance (Belly/Salsa/Reggae/Zumba)	📊		☯	🧘	🏃
Fitness Basics (1/2)		🏋️		🧘	🏃
Kettlebells SGT	📊	🏋️	☯	🧘	🏃
Hatha Yoga		🏋️	☯	🧘	🏃
Pilates Mat/Ring SGT		🏋️	☯	🧘	🏃
Power Sculpt	📊	🏋️			🏃
Pure Strength SGT		🏋️			🏃
SMR Foam Stretch			☯	🧘	
Senior Fitness	📊	🏋️			🏃
Spin	📊	🏋️			🏃
Stability Ball		🏋️		🧘	
Total Body (Ultra Tone/Beach)	📊	🏋️		🧘	🏃
TRX SGT		🏋️	☯	🧘	🏃
Urban Rebounding	📊	🏋️		🧘	🏃
X-Fit SGT	📊	🏋️	☯	🧘	🏃
Yoga (Vinyasa/Power)		🏋️	☯	🧘	🏃

For more information, call 212.369.8890 ext. 2247 or visit ASPHALTGREEN.ORG/Informed.