

Classes are subject to change. Descriptions are general. Not all classes are always offered, and new classes are added. These descriptions as of January, 2017.

CLASS DESCRIPTION

BARRE and BARRE/BODY

Offered in 30 and 60-minute formats. Using the ballet barre to assist in balance as you concentrate on strength, shaping, and posture exercises derived from dance. The Barre/Body format adds mat work and functional training exercises to improve core, flexibility, and balance.

This class is limited to no more than 16 participants to guarantee proper instruction. Sign Up opens the day before class desired, after 8:00am.

BODY FLOW® A Les Mills International Program

The Mind-Body experience combines exercise with stress reduction. This format offers Tai Chi, Pilates, Yoga, and Meditation in a program set to music. The class flows from one movement to the next, providing a full mind & body experience. As a Les Mills class, it remains for 90 days, allowing you to master the moves, and re-launches every 90 days. 60 minutes.

BODY PUMP® A Les Mills International Program

Strength training with barbells. Intensity is determined by the amount of weight you select for each track. Each music track targets a body part. By the end of 60 minutes, you have worked your entire musculature. Hi rep and Low weight format. Les Mills Programs remain the same for 90 days, allowing you the opportunity to master every move, and improve your strength and endurance. Every 90 days we launch a new 90 day program.

CX-WORX® A Les Mills International Program

30-minutes dedicated to core. All the ab muscles, low back and upper buttocks. Build a strong core for fitness, health, and injury prevention. Because it's 30-minutes, new moves every 6 weeks. Music as motivating as the instruction, always a major component of Les Mills classes.

SHRED

Body Boot Camp. Simply something different and challenging every session. 45-minutes designed to get the most effort, while providing exercises you should add to your personal routine.

SPINNING® BCH&F is an International Spinning Center. This means you receive instruction in the latest techniques, with the safest instructors.

45-minute sessions. Class size is limited to 18. Bikes are Star Trac NXT. Sign Up opens the day before the class desired. We offer varying formats, but the effort is always left up to you.

SPRINT® A Les Mills International Program

High Intensity Interval Training formatted by the top professionals at Les Mills International, New Zealand. HIIT training on a bike is the safest method to produce the intense effort required to reach incredible goals. 30-minutes only and limited to 18. New challenges launched every 6-weeks. Sign up day before class desired.

STRETCH

Exactly what you think. 45-minute flexibility training. Use what you learn by incorporating the movements into your personal workout.

YOGA — BCH&F Readers' Choice Award - BEST YOGA CENTER ON HHI

Our yoga instructors are considered the best on the island. Years of experience, and multiple certifications, as well as continuing education. Our instructors are dedicated to providing the very best yoga experience . . . in a health club environment. This means fitness-based, and available for beginners to advanced students, EVERY CLASS and EVERY TIME. We consider it yoga without an attitude. Offered in the only studio on Hilton Head with a view of a private lagoon and protected woodlands.

Mats, rings, blocks, etc. are all provided, or bring your own.

ZUMBA® and ZUMBA® FUSION and FUSION

Dance fitness. An hour of fitness designed to get you fit while giving you a fun, energetic class. Totally music driven, with easy to learn and follow steps. Zumba brings the latin flavor. Fusion means we add modern pop, hip-hop, jazz and more.

BCH&F is licensed for Les Mills dance formats SH'BAM® and BODY JAM®. We use a lot of the choreography from these internationally loved formats in our dance fitness classes. This way you experience the very latest dance-format programs offered.

The BCH&F Group Exercise Studio features floating wood floors, designed to reduce stress on joints. The room has its own dedicated AC/HEAT unit, and a commercial dehumidifier that maintains the humidity at healthy levels. The airflow patterns were designed by an engineer so air inside the room cycles through filters every 8 minutes!

WINDOWS. Panoramic windows looking out on a peaceful lagoon, surrounded by woodland. There simply is no better ergonomically created workout space.