

## **Class Descriptions | Group Training**

**TRX CIRCUIT-** This class focuses on flexibility and stretching while incorporating strength movements, it is a class for all levels but it is a high intensity level of activity.

**PILATES –** A full body routine that helps build flexibility, strength, endurance, and coordination. A multi-level class experience using inertial & vibration training integrated with classic mat & resist-a-ball movements.

**SPIN –** Mussel Beach Health Club offers the largest indoor spinning program on the Outer Cape. Let the instructor guide you through this 60 minute indoor cycling, non-impact class to great music.

**VICIOUS CYCLE –** A 50 minute high-intensity, fat-shredding spin class followed by a 25 minute full-body workout. Get your body ripped and primed for a day at the beach. A one-of-a-kind class offered only at Mussel Beach Health Club. Total class time is 90 minutes.

**YOGA –** A variety of yoga styles are taught at different levels to ensure a safe and challenging experience for all students. Look your best and expect gains in mental clarity while you build strength, stamina, and flexibility. Yoga classes are 75 - 90 minutes.

**ALL IN ONE -** A full body routine that helps build flexibility, core strength, endurance and coordination. A multi-level class for all ages and body types.

**BOOTCAMP -** A high energy workout that masterfully combines an easy yet effective cardio routine interlaced with weights and resistance. It's fun and created for all fitness levels.

**20/20/20-** A Total Body Conditioning Class that is designed to give you the ultimate challenge and complete workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.

**PILATES CORE FUSION-** A core strengthening class that uses Pilates styled movements integrated into the class

**TOTAL CORE-** This is a class that focuses solely on building better core strength and stability.

**FitMixer-** A one hour, vigorous class using a lot of work with barre techniques, and including weight work and Pilates based core exercises. A great class for all fitness levels and the only class of its kind

## **Class Policies**

### **For Your Safety & In Consideration Of Others**

1. Please mention any physical limitations to the instructor prior to the start of class.
2. Be cool. Treat your classmates, instructors, and the front desk staff the way you would like them to treat you.
3. Due to limited equipment, pre-registration is required for all Spin classes.
4. If you will be modifying movements, please do your own thing away from the front of the class.
5. If you will be leaving class early, please exit as quietly as possible.
6. Street shoes are not permitted on the studio floor. Athletic shoes only.
7. No text & chat. Please leave cell phones or PDAs outside the class.

**Mussel Beach Health Club**  
**35 Bradford St**  
**Provincetown, MA 02657**  
**508-487-0001**  
**[www.musselbeach.net](http://www.musselbeach.net)**

### ***Hours of Operation***

**Monday - Friday 6am to 8pm**

**Saturday - Sunday 7am to 8pm**

### **General Manager**

**Christopher A. Hicks, PGA, CPI.**

**Direct all questions or comments to Chris  
via email at [chris@musselbeach.net](mailto:chris@musselbeach.net)**