



# GROUP FITNESS

Coppermine Racquet & Fitness is the premiere place in Baltimore to achieve your fitness goals. We provide members with a wide variety of top notch group fitness classes to get and stay in shape.



<b>AGES</b>	<b>17+ Years and Adults</b>
<b>TIME</b>	<b>Weekly 45 or 60 Minute Classes</b>
<b>COST</b>	<b>FREE for All Fitness Members (JOIN TODAY!) Drop In Non-Member Rate: \$15.00 \$125 for 10 Class Package</b>
<b>QUESTIONS</b>	<b><a href="mailto:groupfitness@copperminefitness.com">groupfitness@copperminefitness.com</a></b>

## INSANITY

High intensity exercise for 3 minutes, followed by 30 seconds of rest. This short recovery time combined with high intensity exercise makes for a challenging workout.

## GROUP STRENGTH

Lift, sculpt, bound and lunge to upbeat music. Challenge your power, strength, agility and overall fitness level.

## ABSOLUTE ABS

A 45 minute complete core workout targeting the abdominals to sculpt and strengthen the midsection.

## COPPERMINE SPIN

A 45-minute cardiovascular workout based on the principles of cycling. Combines the rhythm of the music and creative coaching from the instructor. 60 minute classes include use of light weights for upper body workout.

## ATHLETIC STEP

Intervals of basic step moves combined with strength training exercises for a total body work out.

## STEP 360

An intense interval cardio & weight class using SPRI STEP 360 focusing on core and balance. Intervals consist of 3 minutes of cardio followed by weight training and core training.

## BARRE

Create long lean muscles, using the Barre for stability, stretching and resistance work using light weights, bands and balls.

## YOGA

See our Group Fitness Yoga Handout for more details and a schedule.

## PILATES

**Level 1 Mat:** Focus on breath, alignment and building strength while learning essential Mat work exercises.

**Level 2 Mat:** Building on essential Mat work, this class offers a variety of modifications to challenge endurance and core stability.

## RESULTZ ADULT FITNESS

Challenging 30-minute class. Lift, lunge, bound and squat to improve your strength, mobility, agility and power. (fee based program)

## BODY BLAST

Fast paced total body interval training class. Intervals consist of 1 cardio drill per 3 strength exercises. Strength workout while keeping heart rate up to increase calories burned.

## AB SOLUTION

A core specialty class designed to bring you the best abdominal training exercises in a fun team environment.

## CYCLE CROSS

Class starts on spin bikes for a cardiovascular workout based on the principles of cycling, moves to Interval training exercises off the bikes, finishing class back on the bikes.

## BARRE-LATES

A slower paced fusion of both Pilates and Barre incorporating deep stretches to lengthen and tone all the muscle groups.

## CARDIO BOXING

A fun, high intensity cardio workout that combines traditional boxing, kickboxing, and conditioning exercises.

**JOIN TODAY!**

**410-823-2500**

**[WWW.COPPERMINEFITNESS.COM](http://WWW.COPPERMINEFITNESS.COM)**