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Class Descriptions



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for –and fast!



BODYFLOW™ is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.



BODYCOMBAT™ is the energizing step workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superb cardio fitness.



BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



BODYATTACK™ is a simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels. You'll experience high energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.



BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend and get front and center and get high on the feeling of dance.



BODY VIVE™ is a low-impact group fitness workout that lets you choose how hard you work. Using VIVE balls, VIVE tubes and optional hand weights, you're talked step-by-step through the entire class by a skilled instructor, all while listening to uplifting and inspiring music. Best of all you finish feeling thoroughly rejuvenated –and fizzing with energy.



SH'BAM™ is a low-impact group fitness workout featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise.



CX30™ is a 30-minute class that really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.



PILATES MAT – Lengthen and strengthen your abdominals, back and butt.



HATHA YOGA – Bring your mind and body into balance in this flowing 60 minute yoga practice. Come to improve balance, gain strength, increase flexibility and decrease stress.

HOT YOGA – Go deeper in your practice in this intense 75-minute yoga class. The hot temple will cleanse the muscles of your body, and you will gain greater flexibility and self-awareness.

YIN YOGA – Restore your body in this gentle approach to stretching for all levels. A great class for beginners or those who are looking for a deep, slow stretch.

POWER YOGA– Condition your body and get a cardiovascular workout in this powerful 60-minute class