

BOOTCAMP

This class consists of full body muscle conditioning, strength training and cardiovascular exercise, put together in various combinations, either timed or repped, with both standing movements AND mat work, utilizing various equipment (barbells, dumbbells, resistance bands, stability balls and bodyweight exercises).



CIRCUIT STATIONS

This class combines both strength training and cardiovascular exercise, set up in various "stations", where participants engage in a specified activity for one minute, timed. The exercises are set up in such a manner to utilize both upper and lower / opposing muscle groups, creating a full body, muscle conditioning / cardio workout.

MASH UP

This class is continuously changing, offering everything from full body exercises, muscle conditioning, strength training and cardiovascular exercise, put together in various combinations, highlighting specific muscle groups or types of activity (strength specific, cardio intensive, etc). Workouts include Interval Training, Tabata Training, Craazy 8's, etc., and will also incorporate ab work, utilizing the entire core; upper and lower abdominals, the obliques, hip flexors and lower back.

TBA (Thighs, Booty and Abs)

This class combines muscle conditioning, strength training and cardiovascular exercise, primarily targeting the lower body, meaning the core (lower back, abs, hip flexors, etc), obliques, glutes, quads, hamstrings, and calves - put together in multiple combinations, combining standing movements AND mat work, utilizing various equipment (barbells, dumbbells, resistance bands, stability balls and bodyweight exercises).

City of Carson – Recreation & Human Services Division

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