

PURE AUSTIN FITNESS AT QUARRY LAKE CLASSES

BARRE BURN

Lean physique, dance method training to sculpt and stretch your muscles. Tone every inch of your body using light weights, mini exercise balls, bands and your bodyweight. HOT BARRE is in 90+ degrees. Welcomes all fitness levels.

QL BLACKOUT

Outdoor INTENSE military drills incorporating tires, battle ropes, sandbags, medicine balls, resistance bands, sleds, explosive exercises and other more advanced technical movements. Expect running drills and sprints, pull-ups, push-ups and other bodyweight, challenging exercises. Boost your endurance training, fire off the fat and increase your caloric burn. Never, never, never give up. Not your starter workout. Meet out in the yard when weather permits or in the Cross Studio due to inclement weather.

CIRCUIT OF SWEAT

High intensity interval training fat burning, fun, whole body training. Time flies as you move through 3 to 5 different stations. Sweat happens! Improve your fitness capacity, muscle strength, endurance, mobility, speed and agility. Row or bike. Use barbell, weights, sandbells or medicine balls. Welcomes all fitness levels.

DANCE & SWEAT

This fun, high-energy dance fitness class is designed to get you moving, sweating and feeling good. Dance & Sweat is a care free, stress free environment. No dance experience required. Welcomes all fitness levels.

HOT DEFINE X

Fire up all your muscles. Fusing the traditional Barre, Pilates & Yoga methods with classic strength and conditioning training. Sculpt and define. Accept new challenges and improve strength, mobility, flexibility & balance. 'Hot' (in heated studio), innovative, new Pure concept. Use mini bands, 3-5lb dumbbells, sandbells, small exercise balls, yoga blocks and your own body weight. Welcomes all fitness levels.

ENDURANCE RIDE

Build your endurance & stamina as you challenge your cardio & increase your skills. 55-75 mins of cardio, non-impact training on the bike. Pedals are SPD compatible. Toe straps on all bikes. Welcomes all fitness levels.

HATHA FLOW/HATHA YOGA

FLOW: A challenging all-levels class, blends breath-based flow with alignment to open the mind and body. HATHA YOGA: New to practice yoga or just want to deepen & gain more from your practice? Begin here. Focus on form. Welcomes all fitness levels. Yoga mat rental available at the front desk, \$3.

HOT YOGA

Hot Yoga is an intense practice that will flow you through strengthening and flexibility postures throughout the entire class. This practice is meant to detoxify the body, build strength and burn calories through movement, breath, and heat.

HOUSE CYCLE

Rhythm ride on beat with the music. Yes, we are going to jam! But no dancing on these bikes. We have fun with the rhythm but take our ride seriously, focusing on training with great form for the best results. Bring your SPD compatible shoes or use the toe cages. Welcomes all fitness levels.

KICKBOX

Ideal cross training, cardio workout. Effectively transforms your body. Improve muscle power, endurance, speed & agility. Relieve stress & burn insane calories! Use light weights, bands, sandbells, gliders, benches &/or medicine balls. Welcomes all fitness levels.

LIFT COMPLETE

Boost your metabolism & burn more calories throughout your day. Lift heavy, 8-16 reps with calisthenics and/or plyometric challenges to raise your heart rate. Barbells, dumbbells, sandbells, gliders, resistance bands and benches will be utilized. Never the same workout = never boring. This regimen delivers optimal strength and sculpted muscles. Welcomes all fitness levels.

MUSCLE ENDURANCE

Boost muscle endurance, build/maintain lean body mass & get a toned physique. Perform high reps (15-25 reps) w/light weights in this full body, continuous cardio and strength workout. Resistance bands, gliders & other equipment will rotate in for continuous challenges and result gains. Welcomes all levels.

PRO RIDE

Ride the real ride. Whether you are in training for a race or just wanting to get a mega cardio calorie burn, this ride is the right ride. Get stronger, faster and fitter. Bring your SPD compatible shoes or use toe cages. Welcomes all fitness levels.

ROCK CLIMBING INTRO/ROCK CLIMBING PRO

Indoor Climbing. Learn the basics. PRO is an excellent full body workout. Challenge your mind and body! Welcomes all fitness levels.

SHRED IGNITE

Fire it up! Train through metabolic, fat-burning rounds, alternating between endurance/cardio training on bikes, treadmills or elliptical (5-12 mins) and strength training (5-12 mins). Build lean muscle with dumbbells, bodybars, kettlebells, vipers or barbells in your strength circuits. **Tennis shoes a must** for efficient transition and the best results. Welcomes all fitness levels.

SHRED SPLIT

Action packed, fun, total body circuit training. Maximize the volume of your work to reap & rip the rewards. Start the first round of your workout on treadmill, bike, elliptical (or Stepmill at Pure Quarry) for 20-25 mins. Transition to cross training studio, use dumbbells, sandbells, gliders, resistance bands & more for a full-body strength training circuit. Transition to cardio equipment for sprints, 10 minutes. Final strength training round in studio. Welcomes all fitness levels.

TRIPLE THREAT

The ultimate, all in one workout. Get everything: your strength, cardio and core training. Use dumbbells, sandbells, gliders, resistance bands or bodybars. Raise your heart rate, train for gains! Welcomes all fitness levels.