

GET RIPPED!

RIP



RIP® is a 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! A new RIP® class is released every three months with new music and choreography.

RIP® is designed to improve strength and endurance in the major muscle groups and, in doing so, burn calories. We use carefully chosen music tracks to guide you through the class with maximum effect. The usual length of each class is 60 minutes.

RIP® begins with a warm-up to get your body moving, using light weights only.



Your instructor will then guide you through the main part of the workout, focusing on each of the major muscle groups, including your chest, back, shoulders, and abdominals. We've got all the important muscles covered, and we guarantee you'll be feeling the burn by the time you're on to the cool down.

Lastly, down tempo music will accompany you while you stretch your muscles out to finish the workout and help reduce the risk of muscle soreness or injury.

Benefits:

Burn up to 600 calories per class for fat loss

Improve your strength

Improve your general fitness

Shape and tone your muscles

Improve your bone density (helps ward off osteoporosis)

Come away feeling strong and confident

