

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO:

Group Groove™

DESCRIPTION:

If you can move, you can Groove! Experience a fusion of club, urban and Latin dance styles with motivating chart hits and retro classic tunes

Latin Rhythms Step

Get workout to Latin-based music while moving those hips in a way you didn't know was possible.

Come see why this class with its variety of movements on, off, over and around a height adjustable bench has been a success for over a decade!

Turbo Step Double Step

Faster paced class – previous step experience helpful.

One person with two steps means twice the fun!

Kickbox Challenge

Learn boxing & kicking combinations that challenge your coordination & stamina making for an enthusiastic, energizing workout!

Zumba®

A fusion of Latin & international music. This class combines high energy with unique moves and combinations that are fun and easy to do!

MUSCLE:

Abs Express

Do you have 15 minutes to improve your overall core strength? This class will help you do it! Resist-a-Balls, BOSU's, Glides & resistance props may be used.

Functional Strength

Functional training is best described as activity that trains movement. This class combines strength training with multi-joint exercises that will challenge your stabilizer muscles, core stability & strength. Resistance props, BOSU's, Glides & Resist-a-Balls may be used.

Group Power™/

Group Power Express™

Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

CARDIO & MUSCLE:

Group Kick™

This electric fusion class of martial arts & boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking & smiling!

Boxing & Heavy Bag Drills

This boxing class will teach boxing skills and technique, increase your muscular and cardio endurance, take your core strength to a new level, and burn off more than just calories. Heavy bags, jump ropes, sparring mitts may be used. Hand wraps are highly recommended for bag work portion of class.

Ultimate Conditioning

It's the next level of training. Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and feels like you're training one-on-one with a personal trainer! Great for all fitness levels

Complete Fitness

Great for variety! This class will always include a cardio and strength portion but can be a combo of any classes offered on the schedule.

HIIT – High Intensity Interval Training Work The Circuit

Functional training with a cardio kick! Get ready to work the circuit in 30, 45, and 60 second intervals moving from strength to cardio stations.

Urban Bootcamp Turbo Kick N'Sculpt

If you're ready to soldier through this grueling class, you'll burn calories and tone your entire physique.

Punch & Kick your way to a more fit you! Class combines dance, KickBoxing, sports drills & light weights

MIND/BODY

Yoga

/Sunrise Yoga

This yoga class accommodates the beginner up to intermediate. Many options are given for more challenging variations and greater focus on breath is incorporated into the all levels yoga class.

Group Centergy™

Grow longer and stronger as you explore this 60-minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile.

Pilates

Tai Chi Ch'uan

This series of matwork exercises focuses on concentration, control, centering, flowing movement, precision and breathing will strengthen and lengthen the muscles throughout the body.

Stretch

Learn to relax and use your breathing. The slow graceful moves of this art will increase core strength, balance, and flexibility.

Yin Yoga

Long help passive postures, allowing deep layers of constricted tissues to unblock by gentle pressure on the fascia, particularly hips and lower back..