



Welcome!

We look forward to meeting and helping you with your fitness goals through our diverse variety of classes. If it is your first time to a class, please arrive 10 minutes early and introduce yourself - we will give you tips for success in class. Please let the instructor know if you have any questions. We hope you enjoy your workout experience! Questions? Contact Tiffaney 805-239-8488 x 414 **All Classes require sign up. Use our APP or call in to the front desk.**

## CARDIO

### GROOVE

POP-UP - Join us for a fun packed hour of moving to the beat. Picture dance party meets fitness. Feel the rhythm and follow along with an array of moves for the dancer in all of us. No dance experience needed!



POP-UP CLASS - Group Fight burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace! Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive!



BLAST OFF with 60 minutes of cardio training that uses The STEP in athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength!



You'll forget you're working out while learning simple moves like cha cha, salsa, reggaeton, rumba and more. Best of all, you don't need any previous dance experience!

### HGHor HGLow FITNESS

This hardcore, aerobic, fun fitness class incorporates interval training with pop music, and intense easy-to-follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning. HIGHlow offers the same intensity with no impact!

## CYCLING

### TOUR

TOUR(45 or 60) - Geared for everyone because you are in control of the gear on your bike. All terrains, great tunes, and no traffic - we will guide you over hills, through valleys, and across the flats. **SILVER CYCLE** - 30 minute spin class geared for seniors

## STRENGTH



Group CORE gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulder to your hips, improves athletic performance, and enhances movement health. Bring a mat for comfort and a towel for use during class.



Blast all your muscles with this high-rep weight training workout. Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get you to push yourself to a personal best!

### CoreHIIT

Take your fitness to a new level with these High Intensity Interval Training classes using the TABATA style format. CoreHIIT is HIIT 30 + 30 CORE/STRENGTH training.

### BODY SHOCK

Best combo of plyometric, strength & stability training but with an edge. Equipment based class that challenges body AND mind. Sign ups required.

## SPECIALTY



GET ACTIVE and get more out of life! Group Active gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements.

### AQUA

Get a combo of cardio, strength, and flexibility while minimizing stress on joints in this fun, 60 min. class. Classes may be cancelled due to inclement weather. \*Cardio Aqua - 45 - at select times throughout the year

### Sculpt & Sculpt Max

Muscular strength and endurance training for the entire body. We use dumbbells, bands, and body weight training to challenge all your major muscle groups. **Sculpt Max** takes it to a more intense level.



Finally a workout designed just for you! BarreConnect is a powerful low impact workout that concentrates on major muscle groups. Using the principles of dance conditioning, the balance of yoga and the core work of Pilates, BarreConnect creates a long, lean, toned physique. **\*bring a mat with you**

### STEP STRONG

This class is a fun fast paced workout without breaks and little to no hopping, jumping or bouncing. You will have 60 minutes of constant movement involving step combinations, cardio and strength training, often working multiple muscles at a time. You will feel every muscle working between cardio and strength.



POP-UP CLASS - A non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a sleek, sexy, and powerful you! **\*bring a mat with you**

### PRIME TIME

Designed for seniors in their "prime", this class teaches you functional exercises that will keep your body healthy for daily activities. Class includes simple, basic movements which will provide you with strength, balance and flexibility.

## MIND / BODY

Please bring a yoga mat

### YOGA

Balance body, mind, and breath. You will be guided through a variety of poses to increase strength, flexibility and balance that allows everyone to work in their own comfort zone. **INTRO & CHAIR YOGA** - a slower pace Yoga flow for a gentle practice. **\*Bring your own yoga mat**

### Mobility YOGA

Designed for anyone who is working on increasing their natural range of motion and balance. This is not a pose driven class, our focus is to stretching tight muscles and lubricating stiff joints using static and dynamic movements, increasing proprioception with balance work. Straps and yoga block use is encouraged. **\*Bring your own yoga mat**



Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. **\*Bring your own yoga mat**

### PILATES/ Pilates Sculpt

Mat class focused on toning and lengthening while promoting posture, coordination, and balance. This functional training works "from the inside out". **Pilates Sculpt** - we will stand, use the barre and ball as well as the mat. **\*Bring your own yoga mat**