



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. ● black dot suggests best classes to start with

## CARDIO

<b>GROOVE POP UP</b>	POP-UP - If you can MOVE you can GROOVE! <b>Group GROOVE®</b> is a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest hits and best dance songs. Join the Party!
<b>GROUP FIGHT</b>	EVERY OTHER FIRDAY - 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! <b>Group FIGHT®</b> combines cutting-edge moves with thrilling music. This electric experience is addictive!
<b>GROUP BLAST</b>	BLAST OFF your workout with 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. <b>Group BLAST®</b> - heart pounding, sweat pouring as you improve the fitness, agility & coordination
<b>ZUMBA fitness</b>	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!

## CYCLING

<b>TOUR/ JustRIDE</b>	<b>TOUR(45 or 60 min)</b> - Geared for everyone! All terrains, great tunes, over hills, through valleys, and across flats. <b>Group RIDE® - (55 min)</b> Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.
<b>CYCLE specialties</b>	<b>SPEED CYCLE</b> - 30 minute class will get you a quick cardio workout with hills, flats and high energy pacing. <b>SILVER CYCLE</b> - 30 minute spin class designed for Seniors or those who want an introduction to cycling..

## STRENGTH

<b>GROUP CORE</b>	<b>Group CORE®</b> gives you three-dimensional strength in 30 action packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health™. Expert coaching and motivating music will push you through a variety of innovative exercises that use your body weight, weight plates, a step, and a towel. GET HARD CORE!
<b>GROUP POWER</b>	<b>Group POWER®</b> Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group POWER combines, squats, lunges presses and curls with functional integrated exercises.
<b>HIIT Strong</b>	45 minute <b>WEIGHT</b> based High Intensity Interval Training (HIIT) using the Tabata style format. This class will bring you agility, coordination, power, balance, and speed. The weights YOU choose, light or heavy give you options as to the intensity you desire.

## SPECIALTY

● <b>GROUP ACTIVE</b>	<b>Group ACTIVE®</b> Gives you all the fitness training you need—cardio, strength, balance and flexibility—in just 1 hour. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.
● <b>AQUA</b>	<b>AQUA</b> - fun calorie burning program to improve flexibility, balance, range of motion, muscle tone and overall strength. Natural buoyancy or assisted buoyancy reduce impact to joints. Water pressure against the body increases circulation and promotes cardiovascular fitness. *Classes may be cancelled due to weather.
<b>Cardio Sculpt</b>	Light Cardio plus muscular strength and endurance training for the entire body. We use dumbbells, bands, and body weight training to challenge all your major muscle groups.
<b>barre connect</b>	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. <b>*bring a mat with you</b>
<b>STEP Strong</b>	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.
<b>Warrior Strength POP UP</b>	A Combination of strength & isometric exercises, cardio, and signature yoga postures including body weight strength training and hand weights. This high intensity workout leaves you feeling stronger, refreshed, and uplifted. Class done barefoot. <b>*bring a mat with you</b>
● <b>PRIME TIME</b>	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.
<b>MIND / BODY</b> Please bring a yoga mat	
<b>YOGA</b>	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. <b>CHAIR/GENTLE YOGA</b> - a slower pace Yoga flow for a gentle practice. <b>*Bring your own yoga mat</b>
● <b>Gentle Yoga Sculpt</b>	Designed for anyone who is working on increasing their range of motion, muscle strength and balance. Dynamic stretching movements, muscle activation, Yoga postures and incorporating the use of a yoga block and light weights. No Yoga experience required. Does not include Yoga vinyasa flow. <b>*Bring your own yoga mat</b>
<b>GROUP CENTERGY</b>	Grow longer and stronger in the invigorating 60 minute mind-body workout. <b>Group CENTERGY®</b> incorporates yoga and Pilates fundamentals with athletic training for balance, mobility and flexibility. Try this full body fitness journey! <b>*Bring your own yoga mat</b>
● <b>PILATES/ Gentle Sculpt</b>	<b>PILATES</b> - Mat class focused on toning and lengthening while promoting posture, coordination, and balance. This functional training works "from the inside out". <b>Gentle Sculpt</b> - is composed of light weight exercises, balance training, easy cardio flow and stretching. <b>*Bring your own yoga mat</b>