



Welcome!

We look forward to meeting and helping you with your fitness goals through our wide variety of classes.

If it's your first time to a class, try to arrive 10 minutes early and introduce yourself. We'll give you tips for success. Please let the instructor know if you have any questions. We hope you enjoy your workout experience!

CARDIO



Group Fight® is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. FIGHT FOR IT!



Zumba is an exciting dance party atmosphere full of Latin and international music. You'll forget you're working out while learning simple moves like Cha Cha, Salsa, Reggaeton, Rumba and more. Best of all, no previous dance experience necessary!

coreHIIT

This class is a total body workout using primarily your own body weight. High Intensity Interval Training using the TABATA style format, with a mixture of weighted, banded, and body weight strength training and core work. Bring a mat for comfort. (45 is a shorter version)

STEP STRONG

Combination of cardio and strength! Experience cardio intervals using low impact step combinations matched with strength training intervals. Bring a mat, water, and towel for comfort.



Group Blast® is 60 minutes of athletic cardio training that uses a step in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and

SPECIALTY



Group Active® is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health™ for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and a step. **ACTIVATE YOUR LIFE!**

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 strength, balance & flexibility.



Finally a workout designed just for you! Barre Connect 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, Barre Connect creates a lean, long toned physique.

PILATES (Sculpt)

Mat class focussed on toning and lengthening of the entire body. Pilates promotes posture, balance and core strength. Hand weights are used for strength training. Class is coached at a steady pace and great for all levels of fitness.

AQUA

Aqua fitness is a fun calorie burning program designed to improve flexibility, balance, range of motion, muscle tone and overall strength. Natural buoyancy or assisted buoyancy (noodles and buoyancy belts) in the water drastically reduces impact to joints. Water pressure against the body increases circulation and promotes cardiovascular fitness.

Warrior Strength

Warrior is a unique combination of strength, cardio, & signature yoga postures. With the use of body & hand weights, balls, & bands, Warrior provides a high intensity workout that will leave you feeling stronger, refreshed, and uplifted through flowing movements. Class is done barefoot and in a warmer environment. Please bring your mat.

STRENGTH

Cardio Sculpt/ SCULPT/ Muscle Up

Muscular strength and endurance training for the entire body. We use dumbbells, bands and body weight to challenge all major muscle groups. Cardio Sculpt offers bursts of cardio to get the heart rate up while strength training. Bring a mat, water, and towel for comfort.



Group Power® is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, a step, heart-pounding music, and expert coaching. **GET MUSCLE & MOVEMENT STRONG!**

SCULPT FLOW

Our focus on strength and mobility in just 45 minutes. Using mostly body weight and possibly some dumbbells, you will be challenged with different poses and movements inspired from yoga, pilates and HIIT. Bring a mat, water, and towel for comfort.



Group Core® 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 wide variety of innovative exercises that use your body weight, weight plates, a step, and a towel. **GET HARD CORE!**

CYCLING

TOUR Just RIDE Silver Cycle

TOUR & JustRIDE are 45-60 min cycling experiences. Chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music & group dynamics as you get all the benefits of authentic interval training. Silver Cycle is 30 min low to moderate intensity that you choose. Great for those starting out, post injury, and for our seniors.

MIND / BODY - Please bring a yoga mat



Grow longer and stronger with Group Centergy®, an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. **REDEFINE YOUR SELF.**

YOGA/ Restorative

A balance of body, mind, and breath. Instructors will guide you through a variety of poses to increase strength, flexibility and balance. Restorative: This wonderful class unlocks tight muscles and calms the body. Unintimidating atmosphere done mostly in seated and laying down positions. Bring a mat.

Stretch & Renew

Stretch & Renew is a class geared towards our insurance/medicare eligible members. In just 45 minutes, you will work balance and coordination, along with stretching major muscle groups to make everyday life more manageable. By the time you are done, you will feel strong and renewed. Please wear comfortable shoes and bring a mat for comfort.

CYCLE FUSION - Please bring a yoga mat

CycleCORE KrankIT Fusion

CycleCORE is a combination of 45 min on the bike and 15 min on a mat strengthening your core musculature. KrankIT is interval training combining cycling and off the bike body weight, banded, and dumbbell training. Fusion is a mix of cycling formats including Tour, VIBE, & core work. KrankIT & Fusion typically done as pop-up classes.

Questions? Contact Katie Pannone - Group Exercise Director @ 466-6775 x 102