

Fitness Class Descriptions

New to Group Fitness?? Arrive to class early please let instructor know you are new to class. Dress in breathable comfortable workout attire. Wear supportive inside only shoes designed for that activity. Drink water before during and after class. Instructors will show different levels and modifications, workout at your own level. Feel free to ask instructor for help.

Level 1- Beginner classes

Aquacise/Water Fitness: Deep and/or shallow classes will give you a gentle low impact cardio and muscle conditioning workout.

Boot Camp (w/kettlebells): Level 1-3 This class gives you an efficient workout that challenges both your heart and muscles...you may walk, jog, run stairs, hills etc. **NEW kettlebell exercises added to your bootcamp workout!!**

Cardio Mix: This level 1-2 class will mix it up with basic low/high impact step, floor and kickboxing routines.

Pilates Core Conditioning: Level 1-2 Challenge your core and more. Get those abs you've always wanted! Pilates based exercises utilizing the mat, fitball and pilates ball. Whittle the waist and build long lean muscles. Finish class with flexibility and relaxation exercises.

Pilates Mix: Level 1-2 Class is warmed up with flowing Yoga poses. The main portion of the class is Pilates mat work focusing on building core strength while using proper breathing techniques. The class will finish with Yoga stretches and relaxation exercises.

Pilates on the Ball: Pilates exercises using the fitball and pilates ball.

Yoga Mix: Class focus is on building flexibility and strength in the body's core muscles in an effort to create body awareness, protect the back and develop better posture. Both Yoga/Pilates will also lengthen, and balance out your body. Class is for all levels. **Thursday 12:15-1 class will be in the Racquetball court.**

Awesome Abs: Work your abs/core & more in a variety of ways on the fitball and mat. End with a relaxing stretch.

Butts and Guts & Killer Abs: Need we say more...

Turbo Kick®: Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! This is an interval based class that allows participants of any fitness level to participate.

Triathlon Class: SWIM-BIKE-RUN but not always in that order...this early morning class will mix it up twice a week with a brick workout...2 workouts in one class...our experienced triathlon instructors Michelle, Eric & Sean will guide you and keep you motivated! Check the board by the studio for the workout schedule...emails are sent as well.

Session 1- October 5-December 9

Session 2- January 4-March 10

Radical Triathlon- January 2nd
(more info to come)

Level 2- Intermediate classes

Cardio Blast: Level 2- 3 This fast paced class will take you through a variety of floor cardio routines that will be sure to get your heart pumpin!. **Cardio Mix:** Get an awesome workout mixing it up with step, floor, and kickboxing routines!
Step: The instructor will bring you through a variety of patterns utilizing the step to tone your muscles and burn calories. **Double Step** class has patterns using two steps!
Power Yoga: Experience the effects of powerful, flowing Ashtanga Yoga. This program is designed to increase energy, develop a strong and flexible body, and promote deep relaxation.

GROUP CYCLE: Level 1-3 Climb on our Lemond Revmaster and burn calories like crazy, improve your cardiovascular endurance and build strength. Our certified fitness instructors will take you through a low impact workout that closely resembles a ride encountering the challenge of flats, seated climbs, standing climbs and intervals all while maintaining the ability to go at your own pace. With no complicated moves to learn set to energizing music in a motivating group environment you'll find yourself having a blast while creating a leaner, stronger body. Arrive to class at least 10 minutes early to get your bike set up. Call Member Services **829-4767** to learn about the reservation policy and reserve your spot.

Cycle flex: Time crunched...out of shape? Choose your length of ride, take time to cool down and stretch.

Cycle Fusion: Work your lower body and burn some serious calories for 30 minutes... then work on core strength and flexibility using Pilates and Yoga principles.

Open Studio Cycle: Studio and bike usage is available to have an independent ride. Obtain a bike pass from the front desk (bike orientation required) and ride during the scheduled times.

GROUP POWER™: 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 (13 and over) and fitness levels.** Discover results, discover Group Power!!

* Group Power classes require a punch card and registration prior to class...

GROUP POWER TECHNIQUE: Instructor will give you direction and techniques that will help you through class.

GROUP POWER LAUNCH PARTY: The day(s) we introduce new music and choreography 4 times a year...classes are free to all...great way to introduce yourself to **GROUP POWER!**

