



CLASS DESCRIPTIONS

GroupPOWER®- 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!

GroupCENTERGY®- Redefine your self with 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. Discover Group Centergy.

GroupSTEP® - Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

SPINNING® - Take a 45 minute cycling journey. All fitness levels are welcome to experience this class. Be sure to arrive about 5 minutes early for your first ride so your bike can be custom fit to your body. Water is mandatory! Heart rate monitors are recommended, but not necessary. Each ride is specifically designed to target endurance, strength, or intervals. (level: all fitness levels)

- **Endurance**: Participants are encouraged to stay in the consistent sub-maximal range of their target heart rates (65-75%) in order to burn fat as the primary source of fuel.
- **Interval**: Participants are encouraged to stay between the lower (65%) and upper (90%) thresholds of their target heart rate.
- **Strength**: Participants are encouraged to work between (75%-85%) of their target heart rate as muscular strength and cardiovascular endurance is put to the test through a series of progressive climbs.

INDOOR CYCLING: The class is outdoor cycling brought indoors. We simulate hill climbs, flat rides, interval sprints, etc. Great cardiovascular workout for all levels, from beginners to experienced cyclists.

PILATES: Pilates targets deep abdominal muscles to develop core stability while lengthening muscles to increase muscle flexibility and function. (Level: intermediate to advanced)

YOGA FOR FITNESS: Yoga has proven to harmonize the mind with the body. This class is taught by a certified Iyengar Yoga teacher. Asanas (poses) are used to improve flexibility, increase lubrication of the joints, massage internal organs, and tone muscles. This class creates a remarkable calmness and positive outlook, which also has tremendous benefits on the physical health of the body. (Level: All fitness levels)

CHEN STYLE T'AI CHI – A form of martial arts that has become a discipline for health, meditation, self-defense and self-cultivation. It emphasizes relaxation and inner calm rather than just strength, and T'ai Chi can be learned by anyone, regardless of age, gender or athletic ability. T'ai Chi improves circulation, balance and helps to strengthen the nervous system, increase range of motion, tone muscles and release tension. (Level: all fitness levels)

INTERVAL TRAINING – Interval training has been proven to strengthen your heart and improve your metabolism! Cardio exercises are alternated with strength segments during this one hour class. (Level: beginner to advanced)

STEP, KICK & CORE – This class is designed to have basic step, basic kickboxing and core work to allow the beginner to intermediate participant to experience these types of group fitness without complicated choreography. (Level: beginner to intermediate)

CORE ABS – Want a way to shape up and strengthen your core? This is the class for you. This 30 minute class uses medicine balls, and other resistance equipment to help you make your core strong. (Level: all fitness levels).