

Class Descriptions

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 and fitness levels. Discover results, discover Group Power! (Level: all fitness levels, the best place to start).

Group Centergy® - 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. (Level: intermediate to advanced).

Group Kick® - Group Kick brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out! (Level: intermediate to advanced).

Group Groove® If you can move, you can Groove. You'll stomp, flick, wiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove. (Level: all fitness levels).

Group Step® - 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. (Level: intermediate to advanced).

BTS Fusion: This class will combine either Group Step, Group Kick and Group Groove, OR just Group Step and Group Kick to Mix things up a bit, and challenge your mind and body.

Zumba® - Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

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).

Spinning® Orientation - Offered at 5:30 pm on Thursdays, this class allows the person who is new to Spin® to learn about the class, meet a Spin® Instructor and be set up properly on the bike.

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: all fitness levels).

Beginner Yoga— Yoga Postures bring constant attention to spinal alignment and lengthening of the spine. This focus is especially important when working with an aging body, bringing attention to posture and correcting imbalances of the body. Incorporating yoga postures into your lifestyle adds a new dimension that will increase strength while improving flexibility, coordination and balance.

Yoga for fitness - Yoga has proven to harmonize the mind with the body. 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)

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

Need some help?!

Please email the Group Fitness Director, Lisa Click, at Lclick@spiecefitness.com. She can help you get started, find more of a challenge or help you with your technique which helps you get the most out of your Group Fitness workout!

All classes are subject to changes, cancellations and/or substitutions. Remember to also check the Senior Fitness schedule and the Aqua Fitness Schedule for other great classes!



Group Fitness Schedule





Winter I - 2012



*January 9th, 2012 -
April 1st, 2012*

5310 Merchandise Drive
Fort Wayne , IN 46825
260-483-1415
www.spiecefitness.com






MONDAY

5:15 am - Spinning® SpinZone
 5:30 am - Pilates GFZone
 9:15 am -  GFZone
 10:15 am -  GFZone
 12:00 pm - Spinning® SpinZone
 5:30 pm -  GFZone
 5:30 pm - Spinning® SpinZone
 6:30 pm -  GFZone
 6:30 pm -  SpinZone

TUESDAY

5:15 am -  GFZone
 6:15 am -  SpinZone
 8:15 am - Spinning® SpinZone
 9:15 am -  SpinZone
 10:15 am -  GFZone
 12:00 pm - Beginner Yoga SpinZone
 4:30 pm -  SpinZone
 4:30 pm -  GFZone
 5:30 pm - Interval Training GFZone
 5:30 pm -  SpinZone
 6:30 pm -  GFZone
 6:30 pm - Spinning® SpinZone
 7:30 pm - Yoga for Fitness SpinZone

WEDNESDAY

5:15 am - Spinning® SpinZone
 5:30 am - Pilates GFZone
 9:15 am -  GFZone
 10:15 am -  GFZone
 12:00 pm - Spinning® SpinZone
 5:30 pm -  GFZone
 5:30 pm - Spinning® SpinZone
 6:30 pm -  GFZone
 6:30 pm -  SpinZone






THURSDAY

5:15 am -  GFZone
 6:15 am -  SpinZone
 8:15 am - Spinning® SpinZone
 9:15 am -  SpinZone
 9:15 am -  GFZone
 10:15 am -  GFZone
 4:30 pm -  SpinZone
 4:30 pm -  GFZone
 5:30 pm - Spinning® Orientation SpinZone
 5:30 pm -  GFZone
 5:45 pm - Spinning® SpinZone
 6:30 pm -  GFZone
 6:30 pm - Spinning® SpinZone
 7:30 pm - Yoga for Fitness Spinzone

FRIDAY

5:15 am - Spinning® SpinZone
 5:15 am -  GFZone
 9:15 am -  GFZone
 10:15 am -  GFZone
 12:00 pm - Spinning® SpinZone
 5:30 pm -  SpinZone
 5:30 pm -  GFZone

SATURDAY

7:10 am - Spinning® SpinZone
 8:00 am -  GFZone
 8:00 am - Spinning® SpinZone
 9:00 am -  GFZone
 9:00 am -  SpinZone
 10:00 am -  SpinZone
 10:00 am -  GFZone

SUNDAY

8:15 am - Spinning® SpinZone
 9:15 am -  GFZone
 9:15 am -  SpinZone
 10:15 am -  GFZone
 4:30 pm - Yoga for Fitness SpinZone