

## 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

**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. 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)

**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).

**Sit 'N Sweat** - This 45 minutes class is designed to be a gentle aerobic workout. This is for the individual who is looking for improvement in health and fitness, but finds it difficult to stand. (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: all fitness levels).

**T'ai Chi** - Chen Style T'ai Chi is 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. There are two different classes offered. The first is the **Progressive class**, for those who have been participating for a while. The **Beginner class** is for those who would like to get started. (Level: all fitness levels).

### **Need some help?!**

Please call the Group Fitness Director, Lisa Click at 969-6341. 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 change, cancellations  
and/or substitutions.**



## Group Fitness Schedule

# Fall I - 2010

Schedule Effective  
September 6, 2010 -  
October 31, 2010



5310 Merchandise Drive  
Fort Wayne , IN 46825  
260-483-1415

# MONDAY

5:15 am - Spinning®	SpinZone
5:30 am - Pilates	GFZone
9:15 am - Sit 'N Sweat	SpinZone
9:15 am -  Fusion	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
10:30 am - Prog. Tai Chi	SpinZone
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 - Sit 'N Sweat	SpinZone
9:15 am - 	GFZone
10:15 am - 	GFZone
10:15 am - Beg. Tai Chi	SpinZone
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
10:15 am -  Fusion	GFZone
10:30 am - Prog. Tai Chi	SpinZone
5:30 pm - 	GFZone
5:45 pm - Spinning®	SpinZone
6:30 pm - Spinning®	SpinZone
6:30 pm -  Fusion	GFZone
7:30 pm - Yoga for Fitness	Spinzone

# FRIDAY

5:15 am - Spinning®	SpinZone
5:15 am - 	GFZone
9:15 am - Sit 'N Sweat	SpinZone
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

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

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