

Welcome to our Group Fitness Program at Kennedy Club Fitness

We look forward to meeting you and helping you with your fitness goals through our diverse program offerings. We have sessions for cardio, cycle, strength, and mind/body, as well as specialty classes. Mix and match to suit your needs - all classes are included in your membership. If it is your first time to a class or instructor, please arrive 5 minutes early and introduce yourself - we will give you tips for success in the class. Our classes are designed for all levels of fitness and experience. Please let the instructor know if you have any questions.

CARDIO



Group Groove® will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**



Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**



Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. **HAVE A BLAST!**

ZUMBA is a mix of easy to follow latin dance steps like the merengue, salsa, cumbia, mambo, samba, and flamenco as well as other dances from around the world including hip hop and belly dancing. The dances are set to toe tapping, arm swinging, high energy latin music that just makes you want to get up and moooooove!



MIND / BODY (Please bring a yoga mat)



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



PILATES *

Pilates mat classes focus on toning and lengthening while promoting posture, coordination, and balance. This functional training approach works "from the inside out" by activating the deep core muscles and promoting spinal mobility. Great for all levels of fitness and ability.



TAI CHI *

An ancient form of movement designed to create a peaceful mind and healthy body. This class integrates stability, mobility, and breath into a "moving meditation". Tai Chi aims to improve balance, coordination, and range of motion while decreasing stress and joint pain.



YOGA

A balance of body, mind, and breath. Yoga will move through a variety of poses to increase strength, flexibility, balance, and stamina while improving posture and coordination. Our instructors will guide you through progressions of movement so you can work in your own comfort zone.



POWER YOGA

This challenging 60-minute yoga class will move you through a fluid variety of yoga poses to maximize your stamina while focusing on the other benefits of yoga practice: strength, flexibility, balance, and coordination. A more vigorous practice than our other yoga classes.



BARRE CONNECT

BarreConnect 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, BarreConnect creates a lean, long, toned physique.

SPECIALTY



Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **ACTIVATE YOUR LIFE!**



AQUA *

Aqua classes are a great way to workout while minimizing stress on your joints. You will get a combination of cardio, strength, and flexibility training in this one hour class. Please wear sun protection, and bring drinking water to class.



CLASSIC FIT *

Designed to meet the needs of the mature adult and the beginner exerciser - these classes can be enjoyed by anyone. A great combination of low impact cardio, strength training, and flexibility training in one class.

BODY SHOCK

The perfect combination of cardio, plyometrics, strength and stability training - with an edge! You will improve your stamina, agility, coordination, and strength in this high intensity interval training class. This is an equipment based class using a variety of tools to challenge your body and mind. Train like an athlete, get results, and reach your personal potential!

CYCLING (Reservations required. Please bring a towel and water)



TOUR

This class is geared for everyone because you are in control of the gear on your bike. All terrains, great tunes, and no traffic - we will guide you over hills, through valleys, and across the flats. This class is offered as both 45 minutes and 60 minutes on the schedule. The number behind TOUR on the schedule indicates the duration.

STRENGTH (Reservations are NOT required for GROUP POWER - entrance to the class is on a first arrival basis - please pick up clips from the front desk)



Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! **POWER UP!**



SCULPT *

Get ready for muscular strength and endurance training for the entire body. We use a variety of equipment including dumbbells, bands, and balls to challenge all of your major muscle groups. Abdominal training and stretching completes each sculpt class in one hour.

THIS IS A 55-MINUTE CLASS



Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. **HARD CORE!**

* SMART START SCHEDULE - THIS IS A GREAT WAY TO START YOUR FITNESS PROGRAM. ALL OF OUR CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS; HOWEVER, THE CLASSES MARKED WITH A * ARE ENTIRELY LOW IMPACT AND / OR OF SHORTER DURATION. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT LORI AT THE CLUB AT 481 - 2888. OUR TEAM IS LOOKING FORWARD TO HELPING YOU MEET YOUR GOALS!