



Welcome!

We look forward to meeting and helping you with your fitness goals through our wide variety of classes.

If it's your first time to a class, try to arrive 10 minutes early and introduce yourself. We'll give you tips for success. Please let the instructor know if you have any questions. We hope you enjoy your workout experience!

CARDIO & MORE



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!



Zumba is an exciting dance party atmosphere full of Latin and international music. You'll forget you're working out while learning simple moves like Cha Cha, Salsa, Reggaeton, Rumba and more. Best of all, no previous dance experience necessary!



This class is a total body workout using primarily your own body weight. High Intensity Interval Training using the TABATA style format, with a mixture of weighted, banded, and body weight strength training and core work. Bring a mat for comfort. (45 is a shorter version)



Combination of cardio and strength! Experience cardio intervals using low impact step combinations matched with strength training intervals

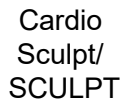


Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group



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.

STRENGTH



Muscular strength and endurance training for the entire body. We use dumbbells, bands and body weight to challenge all major muscle groups. Cardio Sculpt offers bursts of cardio to get the heart rate up while strength training.



Blast all your muscles with this 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.



Our focus on strength and mobility in just 45 minutes. Using mostly body weight and possibly some dumbbells, you will be challenged with different poses and movements inspired from yoga, pilates and HIIT



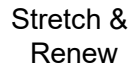
Group CORE gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulder to your hips, improves athletic performance, and enhances movement health. Bring a mat for comfort and a towel for use during class.

CYCLING



These formats are 45-60 minute (check app when signing up) cycling experiences. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music & group dynamics as you get all the benefits of authentic interval training.

SPECIALTY



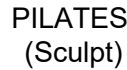
Stretch & Renew is a class geared towards our insurance/medicare eligible members. In just 30 minutes, you will work balance and coordination, along with stretching major muscle groups to make everyday life more manageable. By the time you are done, you will feel strong and renewed.



Designed for seniors in their "prime", this class teaches you functional exercises that will keep your body healthy for daily activities. Class includes simple, basic movements which will provide you strength, balance & flexibility.



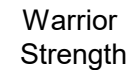
Finally a workout designed just for you! Barre Connect is a powerful low impact workout that concentrates on major muscle groups. Using the principles of dance conditioning, the balance of yoga and the core work of Pilates, Barre Connect creates a lean, long toned physique.



Mat class focussed on toning and lengthening of the entire body. Pilates promotes posture, balance and core strength. Hand weights are used for strength training. Class is coached at a steady pace and great for all levels of fitness.



Aqua fitness is a fun calorie burning program designed to improve flexibility, balance, range of motion, muscle tone and overall strength. Natural buoyancy or assisted buoyancy (noodles and buoyancy belts) in the water drastically reduces impact to joints. Water pressure against the body increases circulation and promotes cardio vascular fitness.



Warrior is a unique combination of strength, cardio, & signature yoga postures. With the use of body & hand weights, balls, & bands, Warrior provides a high intensity workout that will leave you feeling stronger, refreshed, and uplifted through flowing movements. Class is done barefoot and in a warmer environment. Please bring your mat.

MIND / BODY - Please bring a yoga mat

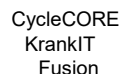


Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Try this full-body fitness journey. Class done barefoot.



A balance of body, mind, and breath. Instructors will guide you through a variety of poses to increase strength, flexibility and balance. Restorative: This wonderful class unlocks tight muscles and calms the body. Unintimidating atmosphere done mostly in seated and laying down positions.

CYCLE FUSION - Please bring a yoga mat



CycleCORE is a combination of 45 min on the bike and 15 min on a mat strengthening your core musculature. KrankIT is interval training combining cycling and off the bike body weight, banded, and dumbbell training. Fusion is a mix of cycling formats including Tour, VIBE, & core work. KrankIT & Fusion typically done as pop-up classes.

Questions? Contact Katie Kyle - Group Exercise Director @805-466-6775