

EXPERT FITNESS

GROUP CLASS DESCRIPTIONS

INDOOR CYCLING Our indoor cycling classes offer high energy stationary bike workouts that enhance cardio vascular endurance and muscular strength all in a non-competitive environment. Indoor cycling is for everyone. The emphasis is on providing a fun and effective workout for all fitness levels. Along with the instructor, you will travel on flat roads, climb hills, and sprint all to the sounds of upbeat and motivating music. [Sign up on Mindbodyonline.com](http://Mindbodyonline.com)

GROUP POWER® This is your hour of power! This 60 minute barbell program strengthens 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 levels. **Watch the video trailer on our website!**

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! **Watch the video trailer on our website!**

GROUP CENTERGY® Redefine yourself 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. **Watch the video trailer on our website!**

TOTAL CONDITIONING Combine full-body resistance training and continuous cardio training and you get nothing but the best of Total Body Conditioning. Cycles of cardio, strength, and core with a no-nonsense approach to choreography, this class is simple, athletic, intense, and your ticket to building cardio and resistance strength and endurance.

FAT BLASTER Focuses on all aspects of core strength and cardio endurance. A wide variety of equipment and movements will assist you in blasting fat and calories by incorporating high intensity cardio bouts with hard core stability exercises. You will leave this class fast paced workout feeling stronger and invigorated.

THE 400 WORKOUT 20 awesome exercises x 20 grueling reps = 400. This group strength training class is designed for beginners to advanced participants. You will strengthen, tighten and tone every muscle in your body with this 45 minute fast pace, challenging weight training class.

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. Zumba Fitness® is a Latin-inspired dance-fitness program that blends red-hot international music, and contagious dance steps to form a "fitness-party" that is downright addictive.

ZUMBA TONING® The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged. The lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

H.I.I.T. High Intensity Interval training it is a type of cardiovascular training that combines intervals of MAXIMUM effort followed by a complete recovery. While these classes mix up the timing variations they will ALWAYS take you to your max.

AB ATTACK This class is designed to work your entire core, from your oblique muscles and your upper and lower back for the most efficient and challenging workout.

CARDIO + Get ready for a high energy, fun cardio workout that encompasses intense moves like burpees, jumping jacks, low impact body weight training and more!

YOGA The ultimate body and soul workout! This class uniquely combines yoga, Pilates, and exercises with hand held weights. Strengthen and define each muscle group using dumbbells, barbells, resistive bands, medicine balls, and stability balls.

***CHALLENGE BOOT CAMPS** This isn't your typical training class. Get ready to push yourself and see what your body is truly capable of. This 45 minute class will consist of a combination of free weights, TRX Suspension Trainer, TRX Rip Trainer, cardio intervals, and everything in between. Anything and everything goes in this boot camp. We only require one thing; you must be ready to give 100%! [Sign up on Mindbodyonline.com](http://Mindbodyonline.com)

COMING SOON:

JILLIAN MICHAELS BODYSHRED™ is a high intensity & endurance based 30 minute workout that utilizes Jillian's 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, and 1 minute of Abs. Get ready to get shredded! **Watch the video trailer on our website!**

ZUMBA STEP® This class combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs. **Watch the video trailer on our website!**

PILOXING™ A non-stop, cardio fusion of standing Pilates, boxing and dance that will push you past your limits for a sleek, powerful you! Piloxing uniquely blends the power, speed, and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of Pilates. **Watch the video trailer on our website!**



See you in class!

*Fee based class, save with a punch card!

