

Group Class Descriptions

Effective 9/08/2015

Ab Lab: A 30-minute core workout designed to tone and stabilize your abdominals and lower back while emphasizing proper technique.

Barre*: This 55-minute class fuses exercise techniques from Pilates, dance and yoga, while incorporating some cardio sculpting moves. The fluid dance-inspired class is set to an upbeat music selection at a vigorous pace to get your heart pumping. This class accepts 15 participants, and you may enroll at the front desk to save your spot or drop in, pending spot availability. This class is also done barefoot.

Basic Yoga: This class is perfect for beginners, with a focus on introducing yoga postures to stretch and define the body. This yoga class allows beginners to move slowly and learn, while advanced participants can hold and go deeper into stretches.

Biker Barre*: This hybrid Barre and Cycle class provides 40 minutes of cardio on the cycle and 40 minutes of barre, using resistance tools and weights for muscle conditioning and sculpting, emphasizing the importance of form and alignment while performing low-weight high-rep exercises to sculpt long, lean muscles.

Cycle: Indoor cycling is a non-impact group exercise program for people of all ages and fitness levels. Instructors lead the invigorating exercise, varying speed and intensity, to guide you through an energetic workout. Various types of popular music are played to increase the fun and keep you going.

Group Strength: This 55-minute class is a full body workout. The workout utilizes barbells and hand weights to strengthen and sculpt all muscle groups. Strength training builds muscle, burns fat, and improves bone density. You will not only burn 400-600 calories during your strength training workout, but you will also maintain a significant metabolism boost throughout the day.

Heavy Bag Kickboxing*: Put a heavy bag in front of you and your power comes out. Work on your boxing and kicking skills as you continue to increase your stamina. You will increase your footwork and handwork speed as you bring forth your warrior energy to lay waste to that heavy bag. Hand wraps or fingerless gloves are required and available for sale at the front desk.

Intro To Boxing: A cardio conditioning class that will rev up your metabolism while teaching you hand and footwork that is used in our specialty program: Heavy Bag Kickboxing.

Insanity/Insanity Playground: Prepare to be constantly challenged in this extreme fitness class that will take you through long bursts of high intensity exercises followed by short breaks. This class will leave you breathless, sweaty, and feeling fabulous. Playground classes work the class into stations and work as a circuit.

MixedFit: MixedFit is a people-inspired dance fitness program that is the perfect blend of explosive dancing and boot camp toning movements that are fun and effective.

Rizzmic: Raise a torch to your metabolism with this exhilarating dance fitness program that is dedicated to American music and dance styles from early generations to today's biggest dance crazes. Incredible variety under one name: Rizzmic!

Silver Sneakers: Get up and go with an aerobics class that is safe, heart healthy and gentle on the joints. This workout includes easy to follow low impact movements, upper body strength, abdominal conditioning and relaxation exercises designed to energize your active lifestyle. A chair is used as a toning tool and provides stability during exercises to improve your balance. Light weights, bands, and a small ball may also be used, increasing muscular stamina and strength.

Silver Sneakers Yoga: Senior/Chair Yoga will exercise the whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Strength & Endurance: This class includes both cardiovascular and strength segments. You'll use light hand weights for the three-minute endurance drills and then a heavier weighted barbell or dumbbells for the three-minute strength segments. This class is a high energy, high intensity class which will leave you spent but wanting to come back for more. Classes with this name plus Core add a segment for your abdominals and lower back.

Tabata Strength & Endurance: Tabata training is a type of high intensity training that focuses on areas of strength building and cardio endurance. Each "round" of tabata is four minutes in duration with a one-minute rest in between rounds. A round consists of 20 seconds work, 10 seconds rest, repeated for a total of four minutes. In this class, participants will alternate between strength building, cardiovascular exercise and core conditioning in each round of tabata.

TRX Strong/Fusion/Orientation: Please see our TRX brochure located in the lobby for more information.

Vinyasa Yoga: A flow style practice that unifies breath and movement, increasing strength and length. This is good for increasing flexibility and balance as well as relieving stress. Basic postures are performed including Sun Salutations, warriors, and balance poses.