

Group Exercise Information for January

SCHEDULE CHANGE

Due to instructor availability

Wed.8:30am total barre

**Will go on
winter vacation.**

TIME CHANGE

Tuesday 9:30am

Group Ride

Will move to 8:30am

ROOM CHANGE

**Mat Pilates and
Simply Stretch**

**Holidays are behind us and life
slows down again.**

**Take some time for yourself
shake off the winter doldrums
and get your dance on!!!**

LADIES' NIGHT

DANCE PARTY

Friday January 26th

6:30pm- 8pm

**It may be January but we can
still eat, drink, be merry and**

Group Exercise Class Description

Aqua Intervals: This class alternates aerobic cycles of moderate to moderate/high intensity levels.

Chun ji do: This is our in-house martial arts program. There is additional fee for this program. See the front desk for details.

- **Cycle:** This class is 45 minutes of cardio fun! Be prepared to experience intervals, drills, races and climbs while your instructor takes you on a ride of your life!
- **Group Active:** A 60 minute class that will increase your cardio fitness build your strength and improve your balance and flexibility, all in a supportive and motivating group environment.
- **Group Blast:** Blast off your workout with 60 minutes of cardio training using the step in highly effective athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.
- **Group Core:** Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance and give you ripped abs! Reach your Peak with Group Core!
- **Group Groove:** You will be sweating with a smile during this energizing hour of dance. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits. **If you can move, you can GROOVE.**
- **Group Power:** This 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. Appropriate for all fitness levels.
- **Group Power X:** Same GREAT class; just 45 minutes instead of an hour.
- **Group Ride:** Everyone Finishes First! A 60-minute indoor cycling workout set to amazing music created for anyone who can ride a bike. This class uses intervals, climbs, races and more to offer an outstanding cardio experience designed to help you reach your goals.
- **Hydro-Force-** a unique, super set mix of land based body weight training with cardiovascular intervals. This is the ultimate combination of land and sea!! Intermediate/advanced skill level
- **Mat Pilates:** A method of body conditioning for strength, flexibility and balance with an emphasis on core training. Class meets in the Yoga Studio.
- **Men at Work:** 60 min male workout focusing on cardiovascular endurance, muscular strength, and overall balance & flexibility.
- **Pure Cardio:** An invigorating water exercise class designed to provide a great cardiovascular workout.
- **Silver Fit:** This class is designed for our silver athletes. A conditioning class where exercises are performed in standing, sitting or at the wall. Light weights are used to tone the body and balance skills are also incorporated.
- **Silver Stretch:** 60 min. yoga based class combining upright exercise and chair assisted work, to improve overall strength, balance, and stability. Class meets in the Yoga Studio.
- **Simply Stretch-** A 45 minute class which allows your muscles to lengthen, release and ease your tension before or after a workout. Perhaps you just take this time to relax.
- **totalbarre-** A 55 minute class that promotes biomechanical based body awareness to increase muscular strength, balance, toning, and overall endurance. No prior experience needed, suitable for all levels.

- **T.B.T-Total Body Training-a** 60 minute fusion of cardiovascular, strength, and resistance training. Energize your body, maximize your time, and meet your fitness goals. **T.B.T= less impact/more results!!**
- **Water Circuits:** The best of both worlds... cardio and strength intertwined into one great aqua workout!
- **Note:** The instructor listed by the class name will be the instructor for that class this month. If there are two or more instructors listed, these instructors will be alternating weeks. Typically the instructor listed first will be on the first week and the second will take the second week, and so on. However, instructors are subject to change without notice.