

## GROUP FITNESS CLASS DESCRIPTIONS

**BODY 360** - A total body workout! This class is designed to keep the heart rate up and burn calories working your muscles from head to toe. This class will challenge both strength and cardiovascular endurance fitness in a smart, thoughtful manner. All levels welcome.

**ATHLETIC CONDITIONING** – This class that blends body weight and resistance training with aerobic drills to improve overall speed, agility, balance and endurance. This workout is great for tennis players or anyone looking for a challenging and creative workout. Intermediate to advanced.

**CORE & Cardio** - A challenging mix of dynamic core stabilizing exercises including planks, gliders, dumbbells and balls with intervals of aerobic inspired movement to improve your overall fitness whatever baseline you are starting at ...all levels welcome.

**TABATA** - A high intensity interval training that consists of sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. Intermediate to advanced participants.

**INTERVALS** - Easy to follow cardio, strength and core intervals designed to blast calories! All fitness levels are welcome. Modifications will be shown to allow you to take it up or down a notch. Be ready to sweat! Beginners to advanced participants.

**THURSDAY INTERVALS** – Warm-up plus 5 circuits to include upper body, lower body, cardio and core, cool down and make it an awesome Thursday!

**H.I.I.T.** - Lift, tone and tighten your entire body at your own pace! Hand weights, resistance bands and tubing and body weight training will help increase bone density, metabolism and of course will help you look and feel better. All participants welcome.

**POWER 30** - A full body workout in 30 minutes! Weight training intervals to motivation music. All participants welcome.

**UNWIND** – Take time for YOU! Unwind is a blend of Hatha & Yin Yoga poses you will love. Unwind sore muscles and joints and meditation to clear the mind. All levels are welcome.

**YOGA** - All participants are welcome to learn the fundamentals of Yoga practice, breathing techniques, safe alignment and overall well-being. Whether you are a beginner or and experienced Yogi, you will continue to learn and grow your practice in this class.

**GENTLE YOGA** - Experience a restorative practice to renew and refresh your mind and body. This class will explore simple, but powerful as to open and balance the flow of energy throughout the body, featuring poses and gentle adjustments leaving you feel relaxed and restored. All participants welcome.

### INDOOR CYCLING:

- **TOPSPIN** – Pedal to the pace in this results-oriented class combining cycling combos and strength work. This class will help you shape, sculpt, and tone with integrated cardio and strength work. All levels are welcome.
- **JOY RIDE** – Designed for the beginner, this class will build confidence and motivation to get to the next level. Our amazing and skillful instructors will guide you through beginner to intermediate intervals. For beginners, *but all levels may attend*.
- **RIDE & SHINE** – This class is not just for early birds! What an awesome and energizing way to start your day! This class is the perfect mix of cardio fitness and strength work all to uplifting music. All levels are welcome.

**\*Important Note: The Club has Flywheel IC5 Indoor Cycling Bikes with Triple Link Pedals\***

### ALL Flywheel IC5's are equipped with 3 in 1 Pedals:

- Toe straps for all athletic shoes/tennis shoes
- SPD Cleats
- Look Delta Cleats

