

Group Fitness Class Descriptions

<p>RIP (Group Barbell Strength)</p> <p>Strength format using barbell and plates. High repetitions, changing angles and tempo, head to toe, we will work it all! RIP is set to fun motivating music in a professionally set routine – thoroughly tested and approved by Group RX. New release quarterly -new music with new moves = Results!</p>	<p>Zumba</p> <p>Zumba is a Latin inspired, dance fitness class. This class combines fast and slow rhythms that tone and sculpt the body using an aerobic approach to achieve a blended balance of cardio and muscle toning benefits.</p>
<p>STEP</p> <p>Step onto, over and around the step platform that has adjustable risers. Great Cardio workout- burning immediate calories. You can expect to feel strong legs and glutes and a functionally fit core! Fun music and energy in this class!</p>	<p>Cardio Tabata</p> <p>Each tabata set will involve alternating high intensity exercises for 20 seconds followed by 10 seconds of rest for a total of 4 minutes. Instructor will show intensity options. There will be a warmup and cool down stretch.</p>
<p>Water Exercise</p> <p>Water Exercise uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activities. This 60 minute class offers a full body, low impact workout, using equipment to increase resistance and, in turn, benefits.</p>	<p>Simply Strength</p> <p>Basic strength class. Designed for those over a “certain” age – or those who are new or coming back to group fitness. Format will be slower pace and will include using variety of equipment to work on core strength – balance – upper and lower body strength. Expect to find your starting point and gain real functional strength!</p>
<p>PiYo</p> <p>PiYo combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. PiYo speeds things up by introducing dynamic, flowing sequences that burn serious calories at the same time toning your muscles and increasing flexibility!</p>	<p>Cycle Xpress</p> <p>30 minute Cycle class. Instructor will lead members in a warm-up – followed by a variety of drills on your bike, changing resistance and RPM. Rolling and steep climbing hills – flat racing – sprints –and much more! The ride will fly by and burn serious calories. Bring water and a towel!</p>
<p>Yoga Flow</p> <p>Flowing Yoga poses and postures. Working on connection of movement with your breath. Challenge your strength and balance while you also relax and lengthen!</p> <p>Gentle Yoga</p> <p>Slower pace – moving into a pose and staying longer. Many options give (as in Yoga Flow) starting with basic poses. Learning to feel our breath and our mind and body connection.</p>	<p>Cycle Circuit</p> <p>Circuit format on and off the cycle. Alternating cycle song with strength (off the bike) song using variety of equipment. Class flies by and if you are new to group fitness – this is a good class to work on a little bit of everything! You can push the intensity on the bike and expect to balance your workout with great strength exercises off the bike!</p>