

Group Exercise Class Descriptions

- **Aqua Intervals**: This class alternates aerobic cycles of moderate to moderate/high intensity levels.
- **Aqua Zumba**: One hour of dance fitness all in the water!
- **Classic 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!
- **Cycle + Strength**: Have you wanted to try out a cycling class, but don't want to spend an hour on a bike? With this cycle and strength option, you will spend the first bit doing cardio on the bike and then finish off of the bike with about 20 minutes of instructor picked strength work!
- **Cycle + Stretch**: This class is our classic cycling for 30 minutes combined with a nice stretch off of the bike incorporating some yoga moves and deep stretches for about 25 minutes! You will get a great cardio workout and then feel revived as you head into your weekend!
- **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 Fight**: This is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit! Fight for it!
- **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.
- **HIIT X**: HIIT stands for high intensity interval training! Join us for a high energy, motivating class loaded with cardio and strength moves moving in a circuit style! We are here to motivate each other to get stronger every step of the way! Don't let "high intensity" scare you, this class is doable for ALL fitness levels!
- **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.
- **Tone & Sculpt**: This is a full-body workout involving resistance training and core work which might include yoga and/or Pilates style exercises. With the incorporation of modifiable plyometric work you will get great strength training while also lifting the heart rate!
- **Total Strength**: Total body workout doing super sets for each muscle group, ending with abdominal work and stretch.
- **Water Circuits**: The best of both worlds... cardio and strength intertwined into one great aqua workout!
- **WERQ**- Pronounced "work", is a wildly addictive and fiercely fun dance fitness workout based on pop and hip hop music. Expect to sweat and burn around 500-900 calories while having a great time!