

NOVEMBER 2023

Group Fitness Class Descriptions

3-2-1 TOTAL BODY - 3-2-1 Total Body is a high-intensity, total body workout that includes a dynamic warm up, 4 different circuits consisting of 3 minutes of compound strength exercises, 2 minutes of cardio, 1 minute of core, followed by a cool down. Each exercise will have a beginner and advanced option demonstrated. This is a great class for improving muscular endurance and increasing your cardiorespiratory fitness level!

BEGINNER CYCLING - Join Janelle for a 30-minute cycle to learn the basics of indoor cycling. This class is a great option for those looking for a low impact exercise while still challenging yourself with speed and resistance.

BOOTY & CORE BURN – Join Michelle for a 40-minute focus on glutes using weights and resistance loops with a 10-minute ab focus at the end. This class is open to all fitness levels.

CARDIO BARRE W/ AB FOCUS- Cardio Barre is a ballet-inspired cardio workout focused on strengthening and toning muscles. This class is fun and challenging! Plenty of options for modification are available, join Robin for this 45-minute burn!

CARDIO DRUMMING- This is a standing, moderate-intensity cardio drumming class! Modifications are demonstrated for both low and high intensity movements.

CHAIR CARDIO - Join Janelle for CHAIR Cardio! A 30-minute, low impact seated aerobics class. CHAIR Cardio will help with strength, flexibility, coordination, and circulation.

CHAIR PILATES/CORE STRENGTH – Practicing Pilates has countless benefits, including improved flexibility and balance, better posture, and an increase in general strength and confidence. This 30 minute class brings many traditional Pilates exercises to the chair, making it accessible for everyone. The last 5-10 minutes of class may include an optional standing series of exercises, focusing on balance and strengthening for the feet, ankles, hips and glutes.

CHAIR STRENGTH & TONE - Join Selina for CHAIR Strength and Tone! CHAIR Strength and Tone is a 30-minute seated strength and toning class that incorporates the option of using light hand weights to engage muscles and tone arms. Core strength will also be a focus during this class, being mindful of posture while sitting.

CHAIR STRETCH - Join Janelle for CHAIR Stretch! CHAIR Stretch is a 15-minute seated stretching class to improve mobility and flexibility.

CHAIR WEIGHTS & AEROBICS - This class combines strength training with hand weights and seated, no to low-impact aerobics to ensure a well-rounded workout anyone can enjoy!

CHAIR YOGA- Join Cheryl for seated yoga! CHAIR Yoga features very modified poses that are suitable for anyone who'd love to enjoy yoga!

CYCLE & SUSPEND -! This class will spend 40-minutes on our ICG Life Fitness bikes followed by 20-minutes of TRX suspension training - using your own body weight as resistance. This class may be intense for some, but both indoor cycling AND TRX are adaptable to ALL levels of fitness. Join Robin for this awesome class!

CYCLE CIRCUIT – Join Rachel for a 45-minute cycling session that includes intervals of light dumbbell training on and off the bike! Whether you're new to indoor cycling or this is your first class, Cycle Circuit is perfect for all experience levels and can be intensified or modified!

FIIT FUSION – This high-intensity interval class is designed to make you sweat! Incorporating the cardio step, you can expect a heart-pumping, fun 45-minute workout!

FIT TO FIGHT - Fit to Fight is a fun, boxing style class to get a great cardio workout! You will learn the basics of footwork and punching combinations, which we will use to shadow box and push your endurance with partner focus pad work. Class will also include conditioning periods that involve body weight strength and core exercises. No equipment is needed, but you are welcome to bring boxing or MMA gloves if you would like. Modifications for all exercises will be provided. This class is designed for intermediate fitness levels.

HIIT SPIN – In this fast-paced, high-energy workout, participants alternate between periods of intense effort and brief recovery periods, pushing their limits to achieve maximum results in a shorter amount of time. Led by a motivating instructor, the class involves riding a stationary bike at varying speeds and resistances, challenging both your endurance and strength.

KICKBOXING TO THE BEAT - An interval workout incorporating a mixture of boxing, Taekwondo, Muay Thai, Capoeira, dance and fun! Participants can easily adjust the level of intensity based on their fitness level. This workout is suitable for beginners and all fitness levels.

LOWER BODY STRENGTH – Lower Body Strength is a 30-minute lower body focus strength class to tone your muscles while building up muscular endurance. Class will begin with a lower body dynamic movement warm up, 6 different lower body exercises repeated for 3 sets total, followed by a cool down stretch. This is a low impact class that is great for all fitness levels as modifications are demonstrated for each exercise. For a full-hour, total body strength session, be sure to register for Upper Body Strength immediately before this class!

PILATES – A cardiovascular, fat-burning workout that focuses on alignment, posture, and balance. This class is a great fit for all fitness levels.

PILATES FOR BEGINNERS – Practicing Pilates has countless benefits, including improved flexibility and balance, better posture, enhanced concentration, and an increase in general strength and confidence. This contemporary Pilates Mat class is designed to familiarize students

with the fundamentals of Pilates while providing a challenging, and fun workout! If you are curious about Pilates or have found it too difficult, or intimidating, then this class is for you!

PILATES W/ KATE– Improves strength, flexibility, coordination and concentration in this challenging, yet effective mat class. Everyone is welcome in this open level mat Pilates class. If you've never tried Pilates in the past, it is recommended you complete a few beginner classes first in order to get the most of your workout!

QUICK STRETCH - A relaxed 30-minute stretching session to focus on muscle recovery and improving range of motion.

STEP INTO SHAPE – Join Robin for a 45-minute aerobic step interval class! This class will rotate between step aerobics and cardio/strength intervals for the ultimate full-body workout! Modifications are always provided so be sure to try this one out!

STRENGTH & CARDIO CIRCUIT – A circuit training class of various strength and cardio exercises for a total body workout.

STRETCH & STRENGTH YOGA – Stretch and strength yoga focuses on holding poses to build strength, combined with stretching to increase flexibility. Options are offered to adapt poses for a variety of fitness levels.

TOTAL BODY STRENGTH - This class incorporates compound movements that work the entire body using dumbbell weights. This will be an intermediate class with modifications being lighter to no weights.

TRX & TONE®- Join Rachel for a 45 min combo of TRX suspension training, Dumbbells strength training, and core!

TR-XPRESS & CARDIO®- A mixture of resistance and suspension strength training with cardio HIIT. A combo to surely get your body moving and feeling the burn!

UPPER BODY STRENGTH- Upper Body Strength is a 30-minute upper body focus strength class to tone your arms, chest, and back while building up muscular endurance. Class will begin with an upper body dynamic movement warm up, 6 different upper body exercises repeated for 3 sets total, followed by a cool down stretch. This class is low impact and great for all fitness levels. To create an hour-long, full body workout, be sure to register for Lower Body Strength immediately after this class!

V – 3-2-1 BOXING - This is a boxing/kickboxing style workout. Each exercise/drill is performed in 3-2-1 minute sets. You will have a 3-minute exercise drill, followed by a 2-minute exercise drill, then a 1-minute exercise drill. Drills are done in this order consecutively (3,2,1) until the workout hour is DONE! Class consists of cardio and strength drills. You will achieve speed, agility, strength, balance, and cardio endurance all in one hour!

V - CARDIO XPRESS & BODY SCULPT - Sculpt Up in this class using smaller weights at higher reps. Geared to tone up the overall body with easy to follow sculpting exercises. Cardio toning intervals are included in this tone up workout! Intermediate to advanced fitness levels recommended for this class.

V – METABOLIC STRENGTH & CONDITIONING - Using light to heavier weights during various forms of exercise to boost your metabolic rate of fat burn. This is done using alternate forms of cardio conditioning exercises with weight/resistance exercises to awaken the metabolism, and condition the heart. This workout will create a long lasting metabolic (fat) burn throughout your day. All levels are welcome as modifications are always given and exercise tools can always be substituted or omitted.

V - STEP CARDIO – Join us with Shawn T Virtual for a one hour Step Cardio to get your sweat on!

V – TABATA - TABATA gets the biggest results in a single workout. This workout consists of 13-14 songs in an hour hit playlist where each song represents its own exercise, alternating between a cardio and strength exercise. Each exercise is done with a specific time or sets with 8-10 second rests in between. You will notice muscle lean out in this class, especially with consistency! Beginners are welcome as modifications are always given. Moderate to intense levels with benefit greater. All levels of low, medium and high are given.

YOGA FLOW– Yoga Flow is a foundational yoga class for people new to yoga. All fitness levels are welcome, but participants need to be able to get up and down off the floor. If you are interested in yoga and want to learn the basics, this class is for you!

YOGA FOR BALANCE – This class focuses on improving balance, flexibility and strength through yoga. Props such as straps and blocks will be used. This class is appropriate for anyone who wants to improve balance

YOGA WITH PROPS – This class focuses on making yoga poses more accessible with the use of props such as blocks, straps, and fitness balls. This class is appropriate for a variety of fitness levels.