



Group Power® Is *YOUR HOUR OF POWER!* Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! *POWER UP!*



Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**



Get your Ride On with **Group Ride®!** This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get the all the benefits of authentic interval training. Ride On!



R30 Get Fitter in only 30 minutes with R30™. It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. Inspiring music and motivating coaches ensure that Everyone Finishes First!



Pilates -A specific series of controlled movements to strengthen your body's core, improve posture, coordination, flexibility and deep body awareness. All levels welcome.



Silver Sneakers®/Silver Fitness - Designed exclusively for older adults who want to improve their strength, flexibility, muscular endurance, and coordination. Participants will use a chair for some exercises.



Silver Sneakers Stretch-Geared toward our senior population and focuses on improving, posture, balance, and flexibility including deep breathing. Poses are modified to include the use of a chair.

Step-This moderate to high intensity cardio training class uses a step platform to perform aerobic movements. The goal of step is to improve your coordination, balance, and endurance.



Yoga I/II-Yoga I is for beginner yoga participants. Yoga II is for intermediate/advanced students. Classes focus on both breathing and proper alignment. You will flow through a series of salutations for a great cardio workout, while building strength, improving range of motion and balance.



Zumba-The routines feature fast and slow rhythms to burn maximum calories and have fun while doing it. Add some Latin flavor and international zest into the mix and you've got ZUMBA!



Zumba Gold -Emphasizing the basics of Zumba, this safe and effective Zumba workout is for the de-conditioned adult or active older adult.



Zumba Toning -This amazing class combines the energy and music of Zumba with no-impact rhythmic toning exercises done with light weights. Works specific muscle groups to the beat of Latin music specially designed for the routines.