

## CLASS DESCRIPTIONS:

**Chair Yoga:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Suitable for all levels of exercisers.

**Forever Fit:** This low impact class incorporates cardio, core and resistance training to build strength, improve balance, and increase range of motion. Whether you are a senior, beginner, pre/post natal or recovering from an injury, this all level fitness class will work your entire body and help you stay Forever Fit!

**Boot Camp:** An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every time, these classes are designed to push you harder than they'd push yourself and to always keep the body guessing.

**HIIT:** High Intensity Interval Training - involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines all in 30 minutes!

**GROUP ACTIVE:** (Active Together) Group Active gives you all the fitness training you need – cardio, strength, balance, and flexibility in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **ACTIVATE YOUR LIFE!**

**GROUP BLAST:** (Cardio Step Together) Group Blast (Cardio Step Together) is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. **HAVE A BLAST!**

**GROUP CORE:** (Core Focus Together) Group Core trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. **HARD CORE!**

**GROUP FIGHT:** (Defend Together) 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!**

**GROUP POWER:** (Strength Train Together) Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up!

**GROUP RIDE:** (Cycle Together) It's 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 all the benefits of authentic interval training.

**R30:** (Cycle 30 Together) It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. Everyone finishes first in this class!

**3D30:** (Conditioning Together) 3D30 integrates strength and cardio training to build muscle, burn calories, and improve agility. Revolutionize your whole body using Loaded Movement Training in this three-dimensional experience. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Train the way the body was designed to move with 3D30. **IT'S LOADED!**

**MOVE 30:** (Move Together) Move 30 will have you feeling and moving better in only 30 minutes! Build movement health by mastering the fundamental patterns that encompass everything you do in life. Grow your movement confidence with expert coaching, motivating music, and a supportive group environment that will help you succeed. **MOVE FOR LIFE!**

**Pilates:** Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

**Tai Chi:** Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

**Water Fitness:** Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance. Moving your body through the water creates a resistance that will activate muscle groups. Suitable for ages 14 and up.

**Yoga:** Incorporate static and dynamic flexibility movements using yoga postures and positions to increase flexibility, reduce stress, and improve strength and posture. All yoga classes end with a 5 minute restorative, relaxation period. Note: Each instructor will give you a different experiences so try out a few for variety!

**Zumba®:** A fusion of Latin and International dance themes creates a dynamic, exciting, effective fitness system. Zumba® uses the principles of interval and resistance training to maximize caloric output, fat burning and total body toning.

# SUMMER

## Group Exercise Schedule: Marysville

MONDAY	TUESDAY	WEDNESDAY
<p>7:30-8:15 am - Water Fitness with Connie (Pool)</p> <p>9:30am -10:30 am - <b>GROUP FIGHT</b> with Meghan (Main Studio)</p> <p>10:45-11:45 am - <b>GROUP ACTIVE</b> with Janette (Main Studio)</p> <p>12:00-1:00 pm - Forever Fit with Connie (Main Studio)</p> <p>5:30 - 6:30 pm - TRX™ with Suzanne (outdoor option)</p>	<p>9:30-10:30 am - <b>GROUP POWER</b> with Janette (Main Studio)</p> <p>10:45-11:15 am - <b>R30</b> with Kris (Cycle Studio)</p> <p>11:30-12 pm - TRX with Val (Main Studio)</p> <p>5:00-6:00 pm - Zumba™ with Lori (Main Studio)</p> <p>6:00p - 7:00 pm - <b>Group Ride</b> with Kris (Cycle Studio)</p> <p>6:30 -7:30 pm—Yoga with Kimi (Studio 2)</p>	<p>7:30-8:15 am - Water Fitness with Connie (Pool)</p> <p>8:15-9:15 am - Yoga with Kimi (Main Studio)</p> <p>9:30am -10:30am - <b>GROUP FIGHT</b> with Stefanie (Main Studio)</p> <p>10:45-11:45 am - <b>GROUP ACTIVE</b> with Stefanie (Main Studio)</p> <p>12:00-1:00 pm - Forever Fit with Connie (Main Studio)</p> <p>4:15-5:15 pm - Barre with Suzanne (Main Studio)</p> <p>5:30-6:30pm -TRX™ w/Elizabeth starting July 13th -August 31 (outdoor option)</p>
THURSDAY	FRIDAY	SATURDAY
<p>9:30-10:30 am - <b>GROUP POWER</b> with Janette (Main Studio)</p> <p>10:45-11:15 am - <b>R30</b> with Janette (Cycle Studio)</p> <p>11:30-12 pm - TRX™ with Val (Main Studio)</p> <p>5:00-6:00 pm - Zumba™ with Lori (Main Studio)</p> <p>6:00pm - 7:00 pm - <b>GROUP RIDE</b> with Kristen (Cycle Studio)</p>	<p>7:30-8:15 am - Water Fitness with Connie (Pool)</p> <p>9:00 - 10:00 am - Yoga with Kimi (Studio 2)</p> <p>10:45-11:45 am - <b>GROUP ACTIVE</b> with Janette (Main Studio)</p> <p>12:00-1:00 pm - Forever Fit with Connie (Main Studio)</p> <p>4:15-5:15 pm - Barre with Suzanne (Main Studio)</p>	<p>8:15-9:15 am - Pilates with Suzanne (Main Studio)</p> <p>9:30-10:30am Zumba™ with Janette (Main Studio)</p> <p>10:45-11:45 am - Yoga with Kasih (Main Studio)</p>

Effective July 1– September 3