




Group Fitness Class Descriptions

*All classes are 55 minutes unless otherwise noted



Registration is required for all classes with the pencil icon

| Class and Description | Benefits | | | | | | | | | |
|---|------------------------|-----------|----------|------------------------|-----------------------|-------------|------------------------|---------------|-------------------------|-------------------------|
| | Burn Fat & Weight Loss | Endurance | Strength | Tone/Shape Legs & Butt | Tone/Shape Upper body | Flexibility | Agility & Coordination | Core Strength | Reduce Stress & Tension | Osteoporosis Prevention |
| Align to Refine Yoga -more attention to alignment to ensure correct postures and proper positioning. Excellent for beginners and all levels. 75 mins | | | | | | XX | | X | XX | |
| All Level Vinyasa - is a slower Vinyasa Yoga Practice. 75 mins. | | X | X | X | X | XXX | | X | XXX | |
| Balance for Life: focused exercises to increase core strength, improve agility, and increase proprioception. Modifications and challenges will be provided. 45 minutes | | | | | | | XXX | XX | | |
| Barre Classic -foundations of barre, focusing on postural strength, alignment, and muscle action. A basic approach for all levels. | X | X | XX | XX | X | X | X | X | X | X |
| BodyFlow™ - Flexibility and strength are built using the best of yoga, tai chi, and Pilates. Focusing on controlled breathing, concentration and stretching, this class will bring the body into a state of harmony and balance. | | X | X | X | X | XXX | | XX | XXX | |
| BodyPUMP™ - This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. The original barbell class! | XX | XX | XXX | XXX | XXX | X | | XXX | X | XX |
| BODYSHRED™ -shed fat, define muscle, transform the look of your entire physique! Hi-intensity and endurance based 30 min workout utilizing a 3-2-1 approach. | XXX | XXX | XXX | XXX | XXX | X | X | XXX | XX | XX |
| Cardio Fury - 30 minutes of non stop high impact cardio: think jumping jacks, etc. | XXX | XXX | XXX | XXX | | | X | XX | | |
| Cardio Blast - A challenging cardio mix of everything, some hi/lo, step, or kickboxing. May include components of weight resistance. | XXX | XXX | X | XX | XX | X | X | X | X | X |
| Chiseled! -intervals of cardio and weights.30 mins | XX | XX | XX | XX | XX | | X | | | XX |
| Classic Pilates Mat - Mat Pilates classes focusing on breathing with movement, balance, coordination, strength & flexibility | | | X | XX | X | XX | | XXX | X | |
| Cycling - A 45-min fun & challenging group cycling class.  | XXX | XXX | X | XX | | | | | X | |
| Cycling Circuit - 25 minutes of fat-burning cycling followed by 30-minutes of circuit training in our Small Group Training studio.  | XX | | | XX | XX | | | | XX | |
| Cycling Plus - The same fun & challenging group cycling class but this one is 60-min.  | XXX | XXX | X | XX | | | | | X | |
| Dance for Life -dancing made simple for those who love to dance but want simplicity. Focus on balance and movement | X | X | X | | | | XX | | X | |
| Extreme Barre -raising the barre to the next level! All the components of the Lean Barre workout in a more vigorous routine! Intermediate to advanced level. | XX | XX | XX | XX | | X | X | XX | X | X |
| Flex Barre -45 minutes of flexibility and stretching using the barre, straps, and blocks. Chairs are available for modifications. Keep your tendons and ligaments pliable to prevent injury. Create length in the areas that get tight like hamstrings and low back. A new favorite! | | | | | | XXX | | X | XXX | |
| Function for Life: movements and exercises that will mirror functional living. Improvement of strength, mobility, and agility. Various equipment will be used. Seated and standing options. 45 minutes | | | X | | | XX | XX | | | |
| Gentle Yoga - Hatha yoga practice using gentle postures. 75 mins. | | | | | | XXX | | | XXX | |
| Hard Core 30 -want to get rock hard abs? How about the rest of your core? Your hips and back? Some equipment is used. 30 mins or 45. Replaces Core and More | XX | X | X | | | | | XXX | | |
| HIIT Circuit -High Intensity Interval Training! Intervals of plyometrics, cardio and strength. Be ready to work hard! 45 mins | XXX | XXX | XX | X | X | | X | XX | | XX |
| HPX -Get it in and get it done! HPX classes are unique and creatively designed by Healthplex trainers with a team-spirited atmosphere in mind. Every class will have value, burn maximum calories, and increase your fitness level. Using a variety of equipment, your performance will be monitored using your own personal tracker assuring you will have success! | XXXX | XXXX | XXXX | XXX | XX | | XX | XXX | | X |
| HPX Cycle - all the same cycle sprints, flats, hills and races that you love but add in heart rate monitoring with your own personal tracking device to ensure efficient calorie burning! | XXXX | XXXX | XXXX | XXX | | | | XXX | | X |
| Kettlebell F.I.T. - Fun, fast-paced, full of variety workout that will incorporate circuit-style routines focusing on core strength and total body fitness. 45 or 55 mins. | XXX | X | XXX | XXX | XXX | X | | XX | | XX |

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| | | | | | | | | | | |
|--|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|
| Lean Barre -an exciting regime of ballet, Pilates, strength and flexibility training using a ballet barre and other small apparatus. This intense workout will transform your body. Intermediate level. | XX | XX | X | XX | X | X | X | XX | X | X |
| Meditate for Life: Learn techniques that will reduce stress, improve mental clarity, develop concentration and healthier sleep patterns, create a more positive mood and outlook, and improve self discipline. Option to sit on floor or in chairs. 45 minutes. | | | | | | | | | | |
| Pilates & Flex -30 minutes of traditional Pilates and 30 minutes of flexibility on the barre. Enjoy! | | | X | XX | | XX | | XXX | X | |
| Pilates Power Play -more intense pilates without the classical series | | | X | XX | | XX | | XXX | X | |
| Power Ball -a blitz of stability ball coupled with weights and resistance bands. | XX | XX | XX | XX | XX | | XX | XXX | | XX |
| Power Yoga - a vigorous Vinyasa yoga flow. Energizing sun salutes and an emphasis on challenging the core body will give you a powerful and cleansing burn while improving strength and balance. 55 mins. | X | XX | X | X | X | XXX | | XX | XXX | |
| Red Hot Dance Fitness - an invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat! | XXX | XX | | XX | | | X | X | XX | X |
| Strength for Life - A specially designed weight training program to help improve strength, increase bone density and joint health as well as increase muscle mass. | X | XX | XX | X | X | X | | X | X | XXX |
| Stretch for Life: Seated and standing stretches that will increase flexibility, lower occurrence of injuries, improve back pain, and improve balance. 45 minutes | | | | | | | XXX | | XX | |
| Tai Chi for Life - graceful series of movements performed in a slow, focused manner and accompanied by deep breathing. Designed to reduce stress, improve health, and increase well-being. 75 mins | | | | | | | XX | | XXX | |
| TRX - Suspension system that uses gravity and your body weight for an effective total body workout. | XX | X | XXX | XXX | XXX | | Xx | XXX | | X |
| TRX+ -suspension class circuit style.Class will be on mat and on straps alternating. | XX | X | XXX | XXX | XXX | | XX | XXX | | X |
| Vinyasa Yoga - Experience a series of postures that flow, building strength, balance, and flexibility throughout the whole body. Postures include sun salutations, standing poses, balance poses, hip openers, and seated poses. | | XX | X | X | X | XXX | | X | XXX | |
| Walk for Life: Challenges will be provided to improve cardiovascular ability and heart health. Class will meet on basketball courts. Indoor/Outdoor weather permitting. 45 minutes | XX | XX | X | | | | X | | | X |
| Women's Extreme -high emphasis on strength training and targeting high fat areas. Women only? Nah...men can give it a whirl! | XXX | XX | XXX | XXX | XXX | | | XXX | | XX |
| Xpress Barre 30 -high intensity 30 minutes of what makes the barre class so famous! Be prepared for a very short warmup! | XX | XX | XX | XX | | X | X | XX | X | X |
| Yoga for Life: Basic yoga poses will be presented. Benefits are decrease stress, encourage improved breathing, greater flexibility, reduces anxiety and decreases blood pressure. This class will be done seated in chairs and standing. 60 minutes | | | | | | | | | XX | |
| Yin Yoga - emphasizes the lengthening and strengthening of muscles and their tendons. Yin yoga features seated and reclining poses, targeting the connective tissue of the hips, pelvis, and lower spine. 75 mins | | | | | | XXX | | X | XXX | |
| Yin/Vin Yoga -first half of class is Yin Yoga (see above) followed by a vinyasa flow series. | | | | | | XXX | | X | XXX | |
| Yoga Essentials - This class includes balance poses, hip openers,and shoulder openers, finishing with sun salutations and relaxation. Synchronized breath with movement. 75 mins | | X | X | X | X | XXX | | | XXX | |
| Zumba - Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. | XXX | XX | | XX | | | X | X | XX | X |