




# 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	
<b>Align to Refine Yoga</b> -more attention to alignment to ensure correct postures and proper positioning. Excellent for beginners and all levels. 75 mins						XX		X	XX		
<b>All Core 30</b> -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			
<b>All Level Vinyasa</b> - is a slower Vinyasa Yoga Practice. 75 mins.		X	X	X	X	XXX		X	XXX		
<b>Balance for Life:</b> focused exercises to increase core strength, improve agility, and increase proprioception. Modifications and challenges will be provided. 45 minutes							XXX	XX			
<b>Barre Classic</b> -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	
<b>Beat Boss Cycle</b> -Rhythm ride combining aspects of road biking, BMX biking & mountain biking. Side effects may include sweating, euphoria, general awesomeness!	XXX	XXX	XX	XX			X	X	XX		
<b>BodyFlow™</b> - 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		
<b>BodyPUMP™</b> - 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	
<b>BODYSHRED™</b> -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	
<b>Cardio Blast</b> - 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	
<b>Chiseled!</b> -intervals of cardio and weights.30 mins	XX	XX	XX	XX	XX		X			XX	
<b>Classic Pilates Mat</b> - Mat Pilates classes focusing on breathing with movement, balance, coordination, strength & flexibility			X	XX	X	XX		XXX	X		
<b>Cycling</b> - A 45-min fun & challenging group cycling class. 	XXX	XXX	X	XX					X		
<b>Cycling Circuit</b> - 25 minutes of fat-burning cycling followed by 30-minutes of circuit training in our Small Group Training studio. 	XX			XX	XX				XX		
<b>Cycling Plus</b> - The same fun & challenging group cycling class but this one is 60-min. 	XXX	XXX	X	XX					X		
<b>Dance for Life</b> -dancing made simple for those who love to dance but want simplicity. Focus on balance and movement	X	X	X				XX		X		
<b>Extreme Barre</b> -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	
<b>Flex Barre</b> -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		
<b>Foam Roller Release</b> - 45 minutes. Foam rolling massages your muscles and tendons, breaking down the tight knots of fascia, loosening up soft tissue adhesions and scar tissue. This encourages fresh blood flow for faster recovery time.						XXX			XXX		
<b>Function for Life:</b> 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				
<b>Gentle Yoga</b> - Hatha yoga practice using gentle postures. 75 mins.						XXX			XXX		
<b>HIIT Circuit</b> -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	
<b>HPX</b> -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	

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								Stress & Tension	Osteoporosis Prevention
<b>HPX Cycle-</b> 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
<b>Kettlebell F.I.T.</b> - 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
<b>Kick-Box 45-</b> cardio endurance, muscle conditioning, balance and core work complete this kick-butt workout!	XXX	XX	XX	XX	XX		XX	XX	XXX
<b>Lean Barre-</b> 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
<b>Meditate for Life:</b> 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.									
<b>Pilates &amp; Flex-</b> 30 minutes of traditional Pilates and 30 minutes of flexibility on the barre. Enjoy!			X	XX		XX		XXX	X
<b>Pilates Power Play-</b> more intense pilates without the classical series			X	XX		XX		XXX	X
<b>Power Ball-</b> a blitz of stability ball coupled with weights and resistance bands.	XX	XX	XX	XX	XX		XX	XXX	XX
<b>Red Hot Dance Fitness</b> - an invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat!	XXX	XX		XX			X	X	XX
<b>Strength for Life</b> - 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
<b>Stretch for Life:</b> Seated and standing stretches that will increase flexibility, lower occurrence of injuries, improve back pain, and improve balance. 45 minutes						XXX			XX
<b>Strong-</b> Stop counting the reps. Start training to the beat. combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.	XX	Xx	XXX	XX	XX		XX	XX	XX
<b>Tai Chi for Life</b> - 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
<b>TRX</b> - Suspension system that uses gravity and your body weight for an effective total body workout.	XX	X	XXX	XXX	XXX		Xx	XXX	X
<b>TRX+</b> -suspension class circuit style.Class will be on mat and on straps alternating.	XX	X	XXX	XXX	XXX		XX	XXX	X
<b>Vinyasa Yoga</b> - 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
<b>Walk for Life:</b> 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
<b>Women's Extreme-</b> 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
<b>Xpress Barre 30-</b> 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
<b>Yoga for Life:</b> 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
<b>Yin Yoga</b> - 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						XXX		X	XXX
<b>Yin/Vin Yoga</b> -first half of class is Yin Yoga (see above) followed by a vinyasa flow series.						XXX		X	XXX
<b>Yoga Essentials</b> - 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
<b>Zumba</b> - Zumba fuses hypnotic Latin rhythms and music of today and easy to follow moves to create a dynamic fitness program that will blow you away.	XXX	XX		XX			X	X	XX