

# 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 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>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 Fury</b> - 30 minutes of non stop high impact cardio: think jumping jacks, etc.	XXX	XXX	XXX	XXX			X	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>Cardio Kick</b> - High energy cardio kickboxing class using bags and gloves!	XXX	XXX	XXX	XXX	XXX	X	XX	XX	XX	X
<b>Chiseled!</b> -weight training to define and cut the key areas of the body! 45 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>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>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>Hard 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>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 assuring you will have success!	XXXX	XXXX	XXXX	XXX	XX		XX	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>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	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	XX	XXX	XX	XX
<b>Power Yoga</b> - 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	
<b>Revised 1/1/2019</b>										
<b>Benefits</b>										
<b>Class and Description</b>	<b>Burn Fat &amp; Weight Loss</b>	<b>Endurance</b>	<b>Strength</b>	<b>Tone/Shape Legs &amp; Butt</b>	<b>Tone/Shape Upper body</b>	<b>Flexibility</b>	<b>Agility Coordination &amp; Core Strength</b>	<b>Reduce Stress &amp; Tension</b>	<b>Osteoporosis Prevention</b>	
<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	X
<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	XXX
<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>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>Total Function</b> - An intense blend of agility, cardiovascular, functional and strength training. These components will make for a very challenging functional workout.	XXX	XXX	XXX	XXX	XXX	X	XX	XXX	X	XX
<b>training camp</b> - throw out the old boot camp or years ago... welcome the new and updated "camp". High intensity, non stop, indoor/outdoor cardio strength class designed to push you mentally and physically. Focus on bodyweight exercises. For the serious.	XXX	XXX	XXX	XXX	XXX	X	XX	XXX	X	X
<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>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	X
<b>Xtreme Track</b> -if weight loss is your goal, this is the class! Heart rates will be monitored throughout this high energy interval class. HR monitors are required.	XXXX	XXXX	XXX	XX	XX		XX	XX		XX
<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 spine. 75 mins						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 easy to follow moves to create a dynamic fitness program that will blow you away.	XXX	XX		XX			X	X	XX	X