Class Descriptions

**Group Active**
Activate your life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Group Active® will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment with motivating music and caring instructors. Get more out of life. Get Active!

**Group Centergy**
Redeﬁne yourself with Group Centergy®. Grow longer and stronger as you explore this 60 min journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile.

**Group Ride**
Let’s Get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from shoulders to hips, will improve your athletic performance, will 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.

**Group Step®**
Discover new heights with Group Step®! Utilizing the step in many positions and heights, awesome instructors and an inspiring group environment lets you RIDE ON! You’ll stomp, flick, wiggle, jiggle, hop, hop, snap, shimmy, shake, slide, glide, smile, and laugh your way through this 60 min fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you get a move on with Group Groove®.

**Group Power®**
Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.

**Group Core**
Every person finishes first in Group Ride®! Pedal in groups, roll over hills, chase the pack, climb mountains & spin your way to burning calories & strengthening your lower body. A 60-minute ride that is geared for all levels. Motivating music, awesome instructors and an inspiring group environment will keep you punching, kicking and smiling!

**Group Blast**
Discover new heights with Group Step®! Utilizing the step in many positions and heights, this 60 min cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience.

**Group 30**
R30 will get you fitter and feeling better in only 30 minutes. 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.

**Group Groove®**
Supportive, funky, easy going instructors help you get a move on with Group Groove®. Urban and Latin dance styles with motivating chart topping hits and retro classic tunes let you laugh your way through this 60 min fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you get a move on with Group Groove®.

**Group Power Yoga**
Take your practice to the next level with challenging sequences of basic yoga poses. Build muscle length and strength while releasing stress with this advanced class. Yoga Asana in a flow or vinyasa format. Attention is given to foundation, alignment and quality of breath. Work at your own pace and modifications are used to accommodate individual needs.

**Power Yoga**
Take the ride of your life! Indoor cycling burns body fat, improves cardiovascular fitness, shapes and tones your legs. This non-impact high-energy adventure will take you through hill climbs, sprints, jumps, pacing and interval training—all on your stationary bike! BIKE RESERVATION POLICIES. Pick up a flyer at the Front Lobby on how to make a class reservation.

**SilverSneakers® YogaStretch**
YogaStretch will move your whole body along in a flow or vinyasa format. Attention is given to foundation, alignment and quality of breath. Work at your own pace and modifications are used to accommodate individual needs.

**SilverSneakers® Classic**
SilverSneakers® Classic is designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support. Class can be modified depending fitness levels.

**SilverSneakers® Muscular Strength & Range of Movement**
Have fun and move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

**SilverSneakers® Cardio Circuit**
Combine fun fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand held dumbbells; elastic tubing with handles and a ball is alternated with aerobic choreography. A chair is offered for support.

**SilverSneakers® Yoga Stretch**
Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

**Zumba®**
An exhilarating, effective, easy-to-follow, Multi culture-inspired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health. Ditch the workout and join the fun!

**Zumba Gold®**
If you’ve wanted to try Zumba but thought it was too advanced or intense, Zumba Gold is the perfect class for you. Same wonderfully, energetic music and moves done at a lighter pace. You will smile, sweat and leave energized!

**Yoga**
**YogaCore**
**Yoga Fight®**
**Pilates Fusion**

**GROUP FITNESS SCHEDULE**
Monday - Thursday: 4:30am-10:00pm
Friday: 4:30am-9:00pm
Saturday: 7:00am-6:00pm
Sunday: 7:00am-4:00pm

www.inshape.net
203.481.0774 • inshape.net
89 North Main St. Branford, CT 06405
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>9:00-10:00am</td>
<td>5:15-6:15am</td>
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<td>7:15am-7:45am</td>
<td>8:00-9:00am</td>
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<tr>
<td>Lou</td>
<td>Lou</td>
<td>Cheri</td>
<td>Lou</td>
<td>Gina</td>
<td>Britten</td>
<td>Scott</td>
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| 9:15–10:15am | 9:15–10:15am | 9:00-10:00am  | 9:15–10:15am  | 9:00-10:00am | 8:00-9:00am  | 8:00-9:00am  |
| Natalie      | Natalie      | Cheri         | Natalie       | Maggie       | Britten      | Rob          |

| 10:15-11:15am| 9:30-10:00am | 9:15-10:15am  | 9:30-10:00am  | 9:00-10:00am | 8:00-9:00am  | 9:00-10:00am |
| Lynda        | Lynda        | Alisha        | Alisha        | Alisha       | Fight Team   | Patti        |

| 11:15-12:15am| 10:15-11:15am| 10:15-11:15am | 10:15-11:15am | 10:00-10:30am| 9:00-10:00am | 9:15-10:15am |
| Lynda        | Lynda        | Crissy        | Antoinette    | Kathy D      | Fight Team   | Patti        |

| 4:45-5:45pm  | 11:30am-12:30pm| 11:15am-12:00pm| 11:30am-12:30pm| 10:30-11:30am| 9:15-10:15am| 10:00-11:00am |
| Hareem       | CARDIO CIRCUIT| Lynda         | ZUMBA         | Meditation   | Fight Team   | Gina/Kathy   |

| 5:15-6:15am  | 5:15-6:00am   | 5:15-6:15am   | 5:15-6:15am   | 5:15-6:15am  |
| Joe          | Maria         | Candy         | Candy         | Scott        |

| 5:30-6:30pm  | 5:30-6:30pm   | 5:30-6:30pm   | 5:30-6:30pm   |
| Britten      | Chris         | Lynn          | Helen         |

| 6:45-7:45pm  | 6:45-6:45pm   | 6:45-6:45pm   | 6:45-6:45pm   |
| Scott        | Joe           | Scott         | Nikki         |

| 6:45-7:45pm  | 6:45-7:45pm   | 6:45-7:45pm   |
| Jen          | Gina          | Fight Team    |

| 5:45-6:45pm  |
| Mary-Lou     |

| 5:45-6:45pm  |
| Scott        |

| 5:45-6:45pm  |
| ZUMBA        |

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**GROUP FIT SCHEDULE - WINTER 2020**

**PILATES FUSION**

**CARDIO CIRCUIT**

**YOGA**

**SPINNING.**

**ZUMBA**

**GROUP A**

**CENTERGY**

**ACTIVE**

**RIDE**

**POWER**

**Blast**

**Fight**

**STRETCH & FLOW**

**GROUP CENTERGY**