

Class Descriptions



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!



Redefine yourself with GroupCentergy®. 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 Fight® brings it on! This electric 60 min fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, fantastic instructors and a group environment will keep you punching, kicking and smiling!



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.



Everyone 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 lets you RIDE ON!



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.



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.



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!



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!



Zumba Toning is perfect for those who want that "dance party" feeling with extra emphasis on toning and sculpting using light weights! Zumba Toning enhances your sense of rhythm and overall coordination while toning target zones such as arms, core and lower body.



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.



Pilates Fusion is a pilates based workout focusing on core strength, flexibility and total body conditioning. This workout is infused with the perfect mix of light weights, balls and sculpting exercises designed to make you sweat.



SilverSneakers® Classic 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.

CORE AND MORE

Core and More focuses on full body strength and conditioning using body weight and resistance training techniques. The class is designed to strengthen abdominals, glutes, back hips and shoulders and improve functional strength for daily activities.

GROUP FITNESS SCHEDULE



Monday- Thursday: 4:30-10:00pm

Friday: 4:30-9:00pm

Saturday: 7:00-6:00pm







































Sunday: 7:00-4:00pm

www.inshape.net

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GROUP FIT SCHEDULE - SPRING 2024

(EFFECTIVE APRIL 1, 2024)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am  Lou	5:10-6:00am  Lou	7:45-8:15am  Patti	5:10-6:00am  Lou	8:00-9:00am  Patti	7:15-7:45am  Lynn	8:00-9:00am  Scott
9:15-10:15am  Ledys	9:15-10:15am  Alisha	8:30-9:00am CORE AND MORE Patti	9:15-10:15am  Candy	9:15-10:00am CORE AND MORE Patti	8:00-9:00am  Lynn	9:00-10:00am  Patti
5:00-6:00pm  Carolyn/Nikki	10:15-11:15am  Candy	9:15-10:15am  Alisha	10:15-11:15am  Maggie	10:15-11:15am  Candy	9:15-10:15am  Lynn	9:00-10:00am  Nikki
5:30-6:30pm  Emily	11:30am-12:30pm  Classic Candy	11:15am-12:15pm  Ledys	11:15am-12:15pm  Ledys	11:30am-12:30pm  Classic Candy	9:15-10:15am  Fight Team	10:00-11:00am  Gina
6:00-7:00pm  Scott/Carolyn	5:30-6:30pm  Kathy K.	5:30-6:30pm  Liz	4:45-5:45pm  Carolyn	5:00-6:00pm  Helen	10:15-11:15am  Scott	11:10am-12:10pm MIND/BODY ROTATION Mind/Body Team
	5:30-6:30pm  Nikki	6:30-7:30pm  Alex	5:30-6:30pm  Kathy K.		11:15am-12:15pm  Gina	
	6:30-7:30pm  Scott		5:45-6:45pm  Joe			

