

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.



Group Blast® is 60 minutes of athletic cardio training that uses a step in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. HAVE A BLAST!



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!



Yoga offers a harmonious blend of mindful breathing, flowing movements, and gentle stretches designed to enhance flexibility, improve strength, reduce stress, and promote balance and functional movement. Suitable for all levels, it provides a welcoming space to reconnect with your body and mind.

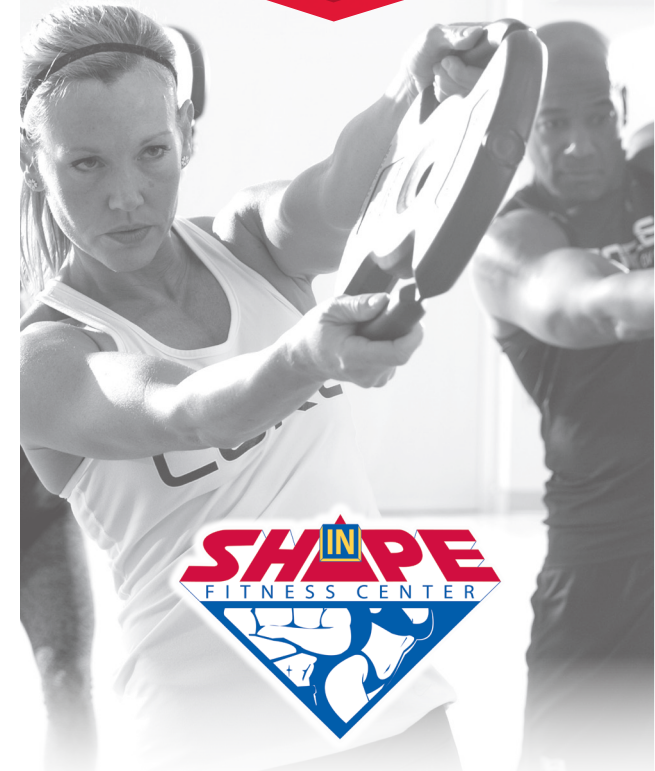


SilverSneakers® Classic Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support. Class can be modified depending fitness levels.

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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