Class Descriptions

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!

CENTERGY

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.

fight.

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!

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.

BLAST

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.

ZUMBA toning

Everything you know and love from traditional Zumba with the challenge of added resistance using light weights. We focus on specific muscle groups while toning target zones including arms, core, and lower body.

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

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

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

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.

EXPRESS CARDIO FUSION

Experience a blend of cardiovascular training, intervals, strength training, and balance in this 30-minute express class. Perfect for busy mornings or to complement your workout!

CHAIR YOGA

An all-level chair yoga class offers a gentle, accessible practice designed to help every body move with more ease and confidence. Students explore seated and supported standing postures that build strength, improve flexibility, and calm the mind without needing to get down on the floor. The class creates a welcoming space where beginners, seasoned yogis, and anyone with mobility considerations can breathe, stretch, and reconnect with themselves.

BARRE

With focus on balance, strength, and flexibility, this class will include Barre and floor work to train each muscle group with isometric movements, strength training combinations, Pilates-based core work, and restorative stretches. Barre will leave you feeling stronger, sculpted, and in tune with you body.

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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