

HIGHWAY 54 GROUP FITNESS CLASS DESCRIPTIONS



GROUP POWER Group Power is your hour of power! This weight training barbell class strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and fun! With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results - Group Power!



GROUP STEP Utilizing the step in many positions and heights, this compelling cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivating routines create this spunky group experience. Enjoy the fun of Group Step!



GROUP CENTERGY Redefine yourself with Group Centergy. Grow longer and stronger as you explore this peaceful journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy and reduce stress. Discover Group Centergy!



GROUP GROOVE If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 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 ACTIVE Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. Get more out of life, Get Active!
(All ages and fitness levels will be all be challenged in this class!)



ZUMBA fitness Zumba® fitness fuses Latin & other International rhythms to create a fun & easy to follow atmosphere where you'll find it's "Exercise in Disguise" because you are having so much FUN!! This class features interval training sessions where fast and slow rhythms along with dynamic, yet simple exercises are combined to provide a great cardio workout while burning fat. There's no watching the clock in this class! "Ditch the workout, Join the party"



ZUMBA gold Zumba® Gold is for any age and any fitness level. The moves are less impact and easier to follow, but just as much fun as a regular Zumba® class. You will get a safe and effective fat and calorie burning cardio workout... guaranteed! The music fuses Latin & other International rhythms to create a fun party atmosphere. "Ditch the workout, Join the party"

KICKBOXING: A one hour, high energy freestyle class consisting of boxing and kickboxing movements and combinations that will strengthen your upper and lower body while getting a great cardio workout. This is an intense but fun workout for all ages and fitness levels.

MUSCLE CHALLENGE: One hour class consisting of all weight/resistance training exercises. Strengthen your entire body as you challenge each muscle group with a variety of exercise techniques that meet your individual needs. Equipment used during this class may include dumbbells, resistance tubes; body bars stability balls and gliding discs.

PILATES MAT PLUS: Pilates mat exercises that may be performed using additional resistance and offering a greater challenge with the use of props such as stability balls, small balls, body bars, bands, discs, dumbbells and tubing. Exercise sequences and choreographic progressions designed for a variety of fitness levels, with focus on proper execution of form and technique.

YOGA: Our Yoga fitness classes provide mindful movement and breath control while exploring different yoga poses to find a balance between flexibility and strength while utilizing both standing and floor postures. Verbal instruction, demonstration, modification and multi-level variations support all levels of ability and experience from the beginner to advanced participant. Invigorate, rejuvenate and relax to refresh and renew your mind and body.

SILVERSNEAKERS® MSROM: Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADL). Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and standing support, stretching and relaxation.

SWIMFIT

Swim Yourself to Fitness! Join us for an hour long guided lap swim workout with an experienced Instructor coaching on deck. Each class will provide an organized workout to help you improve your swimming technique, efficiency and endurance! Push yourself by training with others to improve your fitness and swimming abilities!

Swimmers must be able to complete 50 yards without stopping and willing to circle swim in a lane. Reservations are required for Swimfit!

Call or sign up at the front desk one day in advance.

Note: No swim lap lanes open during the Swimfit classes.

WATER WORKS: One hour long aqua aerobics class designed to improve cardiovascular fitness and overall strength and flexibility while minimizing stress on the body. A great workout for individuals of all ages and abilities! **Note: No swim lap lanes open during the Water works Aqua classes.**

H2O POWER HOUR: An intermediate/advanced aqua aerobics class designed to improve cardiovascular fitness and overall strength and flexibility while minimizing stress on the body. **Note: No swim lap lanes open during the H2O Power hour classes.**

ARTHRITIS & FIBROMYALGIA AQUATICS A low to medium intensity water class designed to improve joint flexibility and muscle strength. Class contains cardiovascular (aerobic) and relaxation components that can be performed at your own pace. (45 minutes in length). **Note: No swim lap lanes open during the Arthritis & Fibromyalgia Aqua classes.**

SILVERSPLASH® For a soothing exercise environment, try the SilverSneakers water exercise class, SilverSplash. You don't need to know how to swim. A SilverSneakers kickboard is used to increase strength and for stability and balance in the water. Members with arthritis or other joint conditions will find the water comforting and the non-impact workout invigorating.

GYM HOURS

MON-THUR 5:00am-10:00pm
FRIDAY 5:00am- 9:00pm
SATURDAY 7:00am- 7:00pm
SUNDAY 10:00am - 7:00pm

CHILDCARE HOURS

MON - SAT 8:00am -12:00pm
M, W & TH 4:15pm -8:15pm
TUESDAY 4:15pm -8:45pm
SUNDAY 5:00pm- 7:00pm

