

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 GROOVE If you can move, you can Groove. You'll stomp, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, 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.



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.



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 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. **(All ages and fitness levels welcome)**



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 rhythm along with dynamic, yet simple exercises are combined to provide a great cardio workout while burning fat.



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.



RIPPED The One Stop Body Shock! RIPPED stands for Resistance, Intervals, Power, Plyometrics, Endurance and Diet. If you are ready to unleash the power within, transform your body, mind and life, get into RIPPED! All fitness levels will be challenged to their own capabilities

FITNESS BOOTCAMP: Experience the latest craze in exercise with our Fitness Boot Camp class! This multi-level class will work your entire body going from one exercise to another with no rest. A mix between traditional calisthenics and body weight exercises, combined with interval and strength training. A great workout for all fitness levels!

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, gliding disc and stability balls.

BELLY DANCE: Spice up your workout with beginning to intermediate belly dance! The low-impact moves of the shimmy, snake arms, body undulation and more will improve posture, flexibility and strengthen your muscles. Stress relieving, waist reducing and improving self image are just a few of the many benefits!

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 standing and floor yoga poses to find a balance between flexibility and strength. 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. Studio B

SWIMFIT: A guided lap swim workout with an experienced Instructor coaching on deck. Each class provides an organized workout to improve your swimming technique, efficiency and endurance! Push yourself by training with others to improve your fitness and swimming abilities! Must be able to swim 50 yards without stopping and be willing to circle swim in a lane. Reservations are required. **Call or sign up at the front desk one day in advance. Note: No swim lap lanes open during Swimfit.**

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 any pool 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 any pool 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 any pool classes.**

SILVERSPLASH® For a soothing exercise environment, try this SilverSneakers water exercise class. You don't need to know how to swim. A 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. **Note: No swim lap lanes open during any pool classes.**



AQUA ZUMBA Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

GYM HOURS

MON – FRI	5:00am – 9:00pm
SATURDAY	7:00am – 7:00pm
SUNDAY	10:00am – 7:00pm

CHILDCARE HOURS

MON – SAT	8:00am – 12:00pm
MON & WED	4:30pm – 8:45pm
TUE & THR	4:30pm – 8:30pm
SUNDAY	4:30pm – 6:30pm

