

FAYETTEVILLE 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 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 RIDE Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This interval cycling program is geared for anyone that can ride a bike. **Reservations are required!** Please call or sign up at the front desk one day in advance.



GROUP ACTIVE 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. 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.



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

FREESTYLE STEP: Enjoy the creativity of freestyle stepping! This one hour class is full of innovative step choreography and allows the freedom of a variety of step formats including Step Interval and Vertical Step. Keep your workout fresh with different choreography each week!

FITNESS BOOTCAMP: Experience the latest craze in exercise with our 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

CARDIO FUSION: A non- stop cardio interval class that "fuses" together a variety of cardio exercises to provide a diverse, challenging and fun workout. Experience freestyle stepping, kickboxing, agility moves and more to get the heart rate up and burn calories! All fitness levels will be challenged to their own capabilities.

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

HEART ZONES CYCLE: 60 minute cycle class in which the instructor will coach participants to improve their workouts by using a heart rate monitor. Bring a water bottle, towel and gel seat (optional). Heart rate monitors encouraged. **Reservations are required for all cycle classes!** Call or sign up at the front desk one day in advance.

CYCLATES: 30 minutes of high intensity cycle followed by a 30 min. Pilates session. A "fused" class designed to give a full body workout. **Reservations are required for all cycle classes!** Call or sign up at the front desk one day in advance.

AWESOME ABS: 15 minutes of abdominal and low back work.

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.

HEART SMART: Safe and enjoyable exercise classes designed for the young at heart who currently enjoy an active lifestyle. Heart Smart, includes a moderate, low impact aerobic cardio section, along with movement, balance, and flexibility programming. Functional lay Fit focuses on balance and strength training, while teaching the muscles to work together to improve coordination and toning lengthening and strengthening them without stressing the joints. Steps, stability balls and various resistance/ weight equipment may be used. Our 30/30 class includes 30 minutes of low impact cycling, 20 minutes of cardio combinations using basic step and low impact floor patterns and 10 minutes of balance, stretch and mat work. All ages, pre/post natal and individuals beginning or returning to a fitness lifestyle are welcome.

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.

GYM HOURS		CHILDCARE HOURS	
MON-THURS	4:30am-10:00pm	MON -WED-FRI	8:00am -12:35pm
FRIDAY	4:30am-9:00pm	TUES & THUR	8:00am-12:00pm
SATURDAY	7:00am-6:00pm	MON & WED	4:30pm -8:15pm
SUNDAY	10:00am-6:00pm	TUES & THUR	4:30pm -8:35pm
		FRIDAY	5:00pm- 7:00pm
		SATURDAY	8:00am- 12:00pm