

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 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 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 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. *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. 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.

KICKBOXING: A one hour, high energy freestyle class consisting of boxing 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.

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!

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! Core and more will round out this hour long class. 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.

CYCLE ZONE: 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.

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

PILATES MAT: This method of exercise targets the core muscles and is designed to train the body's "power-house" the abdomen, lower back, hips and buttocks. A series of exercises are performed on a mat using the body's own resistance to improve strength, posture, stability, mobility and flexibility.

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 Fitness 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 20/20/20 class includes 20 minutes of low impact cycling, 20 minutes of cardio combinations using basic step and low impact floor patterns and 20 minutes of balance, stretch and mat work. All ages, pre/post natal and individuals beginning or returning to a fitness lifestyle are welcome in any Heart Smart class!

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 - SAT	8:00am-12:00pm
FRIDAY	4:30am-9:00pm	MON - THR	4:30pm -8:15pm
SATURDAY	7:00am-5:00pm	FRIDAY	5:00pm – 8:00pm
SUNDAY	10:00am-5:00pm		

