

# COMMERCE GROUP FITNESS CLASS DESCRIPTIONS

**WQ Power:** A barbell program for people of all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

**WQ Step:** A step program designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor.

**WQ Sport:** Program designed to focus on Cardio, Strength Training and Core training using weights, step, etc.

**WQ Power Mix:** This class provides all the components of fitness in a one-hour class: Cardio, Strength, Balance and Flexibility. **(All ages and fitness levels welcome)**

**WQ Transform:** Unifying two disciplines- Yoga and Pilates with sport movements/training. Extracting from these practices to create an integrated and unique experience. **\*\*Bring your own yoga mat**

**HEART ZONES CYCLE:** A 60 minute Cycle class in which the instructor will coach participants to effectively 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!** Please call or sign up at the front desk one day in advance.

**CYCLE:** Class uses effective riding techniques to cardio train on the bike with varying resistance levels, riding speeds, and riding positions. **Reservations are required!** Please call or sign up at the front desk one day in advance. **EXPRESS: 45 minutes** including Tabata training on the bike

**RHYTHM AND GROOVE:** Find your *RHYTHM* and *GROOVE* with Rhythm and Groove Cycle. A safe and fun way to burn calories with amazing up beat music on the bike. **Inspirational Rhythm and Groove will use uplifting music including gospel and worship.**

**HIIT:** Class designed for High Intensity Interval Training. A mix between traditional calisthenics and body weight exercises, combined with interval and strength training. **EXPRESS- 45 mins**

**TOTAL BODY CONDITIONING:** Short athletic cardiovascular intervals paired with strength and resistance training. Enhance your muscle endurance, fire up your metabolism, establish maximum calorie burn while you push your workouts to the next level!

**FREESTYLE STEP:** 40 minutes of Non stop music, continuous movement up, down, over, across and around the step. Followed by 10 minutes of Core work and a 5 minute stretch.

**MUSCLE FUSION:** Burn fat and tone your body with this blend of cardio, strength, and core training. Target all the major muscle groups by using various equipment and your own body weight while also incorporating bursts of cardio throughout the workout!

**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.

**CARDIO KICK:** Combines martial arts techniques with fast-paced cardio. Class challenges the beginner and the elite athlete alike.



Zumba® fitness fuses Latin & other International rhythms including **HIP HOP** 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.

**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. **EXPRESS: 45 minutes** total body workout of non-stop movement, using all planes of the body- sagittal, frontal and transverse. You will feel the burn in all the right places and lose inches after just minutes with this "Miraculous" class

**Cardio/Core:** This class consists of freestyle step and floor work for 30-45 minutes followed by balance and core conditioning. **(All ages and fitness levels welcome)**

**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. **\*\*Bring your own yoga mat.**

**STRETCH:** Stretching is one of the best things we can do for our minds, bodies, and spirits. You will be guided through a gentle routine of standing and seated stretches designed to clear tension, increase freedom of movement, and improve overall vitality; helping you to remain active and independent.

**CORE PLUS:** Body Weight Training utilizing the unstable surface of a BOSU and Stability Ball helps to activate the intrinsic muscles of the core while challenging balance.

**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. **\*\*Bring your own yoga mat.**

**♥ HEART SMART:** A safe and enjoyable exercise class specifically designed for the young at heart who currently enjoy an active lifestyle. The class will include a moderate, low impact aerobic cardio section, along with movement, balance, strength and flexibility programming designed to promote functional fitness to enhance the performance of activities of daily life. Steps, stability balls and various resistance/ weight equipment may be used. All ages, pre/post natal and individuals beginning or returning to a fitness lifestyle are welcome.

## **GYM HOURS**

MON – THR 4:00am-12:00am  
 FRIDAY 4:00am- 9:00pm  
 SATURDAY 6:00am- 9:00pm  
 SUNDAY 7:00am- 9:00pm  
 SUNDAY 7:00am- 9:00pm

## **CHILDCARE HOURS**

MON – FRI 8:00am - 2:00pm  
 MON-WED 4:15pm - 8:00pm  
 THURS 4:15pm-7:00pm  
 FRI 5:00pm - 7:00pm  
 SAT 8:00am - NOON  
 SUN 3:45pm – 6:30pm