

GROUP EXERCISE DEMO NIGHT

WHEN

May 10th

5pm - 8:15pm



COME CHECK US OUT!
& BRING A FRIEND!

**MEMBERS &
NON MEMBERS**

FREE EVENT

Group Cycling

5:00pm-5:15pm

Pilates 5:25pm-

5:40pm

Barre 5:50pm-

6:05pm

**Dance Fitness/
Zumba® 6:15pm-**

6:30pm

POUND® 6:40pm-

6:55pm

STRONG Nation®

7:05pm-7:20pm

Piloxing 7:30pm-

7:45pm

Yoga 7:55pm-

8:10pm



Group Exercise Class Descriptions

Barre – Mixes elements of Pilates, dance, yoga, and functional training to sculpt, slim, and stretch the entire body.

Dance Fitness – allows you to dance your heart out to popular songs while getting an aerobic workout.

Group Cycling – builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing. These classes are taught on stationary bikes, but they simulate outdoor riding which include sprinting, hill climbing and other techniques.

Pilates – is a class that will lead you through a series of nonimpact exercises that will develop strength, flexibility, balance and inner awareness. Emphasis is put on developing a strong core and control of the body.

Piloxing – blends Pilates, boxing, and dance. It's a high-energy interval workout that involves heart-pumping powerful boxing combinations and sculpting, and lengthening Pilates-influenced movements.

POUND® – is the world's first cardio jam session inspired by playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

STRONG Nation® – combines body weight, muscle condition, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.

Yoga – focuses on breath control, meditation and deep stretching in order to improve overall health and relaxation.

Zumba® – is a fusion of Latin and International music / dance themes that feature aerobic interval training.