

Group X Descriptions

All-in-One: A total body workout incorporating exercises that address cardio, strength, balance, flexibility and coordination. The class is set to music. Free weights, bands, balls and chairs will be utilized. It is a senior friendly class but the level of difficulty depends on the amount of resistance being used.

Barre: A ballet inspired workout to lengthen and strengthen your muscles. Amazing leg and glute workout. Improves flexibility, posture and core strength.

Boot Camp: A rigorous blend of non-stop movement with weights, bars, bands, med balls, plyometrics and more! Sweat buckets, build lean muscle, burn calories while having fun!

Dance Fit Mix: This is one big cardio party! It's not just dance. It's not just Zumba. It's a mix of heart pumping, bass jumping fun. Get down and dance while you burn calories. We will be alternating instructor every week.

Dance Party: Get your heart rate up with this foot thumping and body rock cardio dance class. The music will be pop hits throughout the decades. Come join the fun!

Mat Pilates: This core strengthening technique was designed to improve posture and body alignment, as well as strengthen all major muscle groups. Flex bands are used to add upper body resistance making this class a total body workout.

Prime Time: This class is designed with special consideration for our seasoned members. It will include segments on strengthening, flexibility and balance.

Pump Fit: This class will work to strengthen and sculpt your entire body! Work all your major muscle groups using weights, resistance bands, stability balls, Bosu Trainers and more!

Power Pump: This high rep, high intensity workout is sure to have your muscles burning! Sculpt, strengthen and tone your entire body from head to toe using all forms of resistance, including your body weight.

PiYo: This is a class that has Pilates, Yoga, Sports Training, Core ,Conditioning, Dance, Stretch, which movement will increase aerobic capacity, core strength, stability, balance and flexibility.

Spinning®: Whether you're a new or experienced indoor rider, we aim to provide the BEST indoor cycling class for all levels. Each class is set to fun, motivating music to take you on the journey of your life! (pre-registration is required at the Front Desk)

Spin Combo 101: Join Jim for this 30 minute beginner spin. Learn the basics in this low to medium intensity class. Use it as a warmup before JC's high intensity Tabata class. Want more spin? Then stick around for the next 30 minutes. We will take it up a notch!

Strength & Mobility Yoga: Enjoy a practice focused on infusing strength and mobility in to yoga asana. This class will build in pace, warming up the body thoughtfully and gradually working to a sweat. Options and modifications are always given and students are encouraged to work at their level.

Tabata: A series of exercises done for 20 seconds followed by 10 seconds of rest and then repeated for a total of 8 rounds! This format is proven to increase your VO2 max and get results quick!

TRX: TRX is suspension training using your own body weight. You are in control of how difficult you want to make each exercise. You will build power, strength, flexibility, balance and more!

Yoga: With a solid foundation inspired by Anusara Yoga, this Hatha Yoga class focuses on aligning both meditation and anatomical principles in the same practice. Experience healthful breathing exercises, flow-based combinations of postures, deep focused and well-placed asanas, finishing with restorative poses and meditation. Anytime of the day, this class can rejuvenate and energize, and it can help you maintain a healthy and mindful approach to your everyday life

Zumba®: This is one big cardio party! This class is filled with exciting Latin and International dance moves like Salsa, Merengue, Cumbia, Reggaeton, Mambo and more! Get down and dance while you burn calories.

Group X Rules...it really does, but these are THE Rules:

Classes and times are subject to change. For safety reasons, there is no admittance 10 min. after class begins. Reservations are necessary for the Spin and TRX classes and can be made up to one week before next class. Reservations on Spin Bikes and TRX's will be held for 5 min. after class begins. If you are new to a class, please make the instructor aware. www.phys-ednm.com