

GROUP FITNESS CLASSES

Welcome to group fitness at the HRC! If you are new to a class, arrive early and introduce yourself to the instructor. Please consult your physician if you have pre-existing injuries or other conditions prior to taking any group fitness classes. All formats will show progressions and regressions, so that anyone can participate. Don't forget to have fun!

Barre – This upbeat, music-driven class fuses together resistance training, Pilates, ballet, and yoga principles. It incorporates a barre, light weights, Pilates ball, and/or gliding discs while increasing your heart rate. It's a graceful class for the non-dancer! No experience necessary.

Boot Camp – Reap the benefits of this ultimate calorie burning workout, which combines the best of cardio drills, plyometrics and resistance training. This class is geared to motivate you to your next level of fitness in a fun and supportive setting.

Cycle – Simulating an outdoor ride complete with sprints, climbs and other terrain, this interval training class will definitely get your heart pumping! *Depending on class sizes, bikes may need to be reserved ahead of time. Please arrive 5-10 minutes early to set up your bike.*

Cycle-Barre Fusion – Cycling meets Barre in a fusion program that's taking the country by storm! Amazing cardio combos on the bike for the first ½ of class, followed by elongating, strength-based barre training on the floor using the bikes as barres. Finally, barre students work in the cardio and die-hard cyclists get the flexibility and elongation training. It's a win-win!

Power Pump – Create a leaner, stronger body in this challenging resistance training class designed to engage all the major muscle groups. Class focus varies to avoid the dreaded plateau by mixing strength, endurance, and functional training.

REFIT® – This dance-based class combines powerful moves with positive music for a challenging, effective, and FUN workout. This class is perfect for beginners and will challenge fitness enthusiasts – which means it's a workout designed for everyBODY!

Senior Strength – Stay strong with this workout designed for seniors of all fitness levels. This class includes a variety of exercises geared at increasing muscular endurance, range of motion, agility and skills required for activities of daily living.

Senior Stretch – This class focus is centered on stretching the muscles by flowing through full body movements inspired by Yoga, while also working on balance and stability.

TRX® – This class will use your body weight to develop strength, cardio endurance, balance, core stability, and flexibility. Make your body your machine! **Sign-up advised at the HRC front desk 48 hours prior to class, as space is limited.**

Turbo Kick™ – This interval based class combines shadow boxing, kickboxing, sports drills and simple dance moves in a party atmosphere. Come join this high energy class that uses the hottest music, moves and combos around!

Yoga – Designed to enhance energy and sense of well-being, Yoga blends balance, strength, flexibility, and power poses in a non-competitive atmosphere.

- **Restorative Yoga** is a quiet practice that is all about slowing down with postures focused on resting and recharging your body, both physically and mentally.
- **Yin Yoga** is a gentle and relaxing class with a series of long-held, passive poses that work deeply into the connective tissues and joints of the hips, pelvis, and lower spine.

Zumba® – Zumba is a Latin inspired cardio class that fuses great music with easy and energetic movements. Super effective and super FUN cardio workout!

Zumba Gold® – This class is designed specifically for beginners, older adults, or ANYONE needing modifications. This great class is so simple- EVERYONE can participate!

Age Requirements: Children ages 10-14 may attend Group Fitness Classes when accompanied by a parent and *with instructor approval*. The instructor has the discretion whether a child is mature enough to safely participate in a specific class. All HRC rules and regulations must be followed at all times.