

## 4ever24fit Group Classes

### Spin

Spin (45 min) Indoor cycling provides a fun and challenging cardiovascular workout for all ages & fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Experience the benefits of a cardio workout plus strength building in one class. Reserve a seat 14-hours prior, bring a towel and water bottle.

### Ab Attack

If you're looking to tighten your tummy this is the class for you! The class is a blend of techniques from Yoga, Pilates, and traditional strength training exercises to give your core a conditioning routine like you've never had before. Most exercises are performed with body weight only, but light weights and resistance bands will regularly be incorporated to achieve maximal toning and sculpting.

### Body Blast

This is a 40 min, total body workout designed to build strength and endurance. This class fuses plyometrics, agility drills, strength, and resistance exercises to burn fat, build lean muscle and improve overall athleticism and fitness performance. A portion of the class utilizes body-weight only, but free weights, bands, and other equipment are also added into the mix for an intense calorie burn. No workout is the same, this keeps your body guessing and prevents plateaus. All fitness levels are encouraged to join us!

### TRX

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the **TRX** Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

### Move & Tone

1 HOUR CLASS – Cardio, Core, Flexibility, Balance, Fun all in one class!

First half hour consists of fun, easy choreographed dancing-exercising movements to a combination of today's hits, oldies and on occasion Latin music! You choose if you want a little or a lot of cardio. Two left feet, not a problem in this class! This half hour produces anywhere from 3,000 to 4,000 steps!

Second ½ hour consist of a mix of calisthenics and toning with weights, bands and mini balls focusing on resistance training, core development, flexibility and balancing. Mondays, focus is on legs and core. Wednesdays will be arms and core, and Friday is total body. On Monday and Wednesday, floor work is incorporated the last 15 minutes of class. If you like variety and want to progress at your own level, then you will love this class!

### Cardio Jam

45 minutes of a total body choreographed workout aimed to improve strength, aerobic fitness, coordination and balance. Average steps ranges between 4000 and 5500. You will kick, jab, cross, hook and uppercut your way to a stronger, fitter you and leave feeling energized both physically and mentally!

### Gentle Yoga

Build balance and flexibility through a mix of standing postures and seated stretches. Learn to focus, breath and feel relaxed with Jen. This is a great beginner's class!

### Pilates

Jen teaches a combination of core strengthening Pilates exercises (abdominal and leg work) to increase strength and coordination of body movement.

### Restorative Yoga

A form of passive yoga that makes use of props to support the body as it releases into poses over several minutes. This type of practice encourages release in the muscles and offers deep stretching. The class will include soft lighting, relaxing music, aromatherapy, and some hands-on assists.

### Danxcise

This class is 45-minutes of non-stop choreographed dance and exercise movements.

### BodySculpt Bootcamp

This class is designed for maximum calorie burn in the shortest amount of time. This 45-minute class is a combination of strength, cardio and muscle endurance. We incorporate sandbags, kettlebells, slam balls, agility ladder and more. This class keeps you moving and burning calories from the first minute to the very end.

### **Cardio Sculpt**

45 minutes. (ALL LEVELS) Start your week with this interval class that involves both strength and cardio exercises. This class changes each week. It utilizes free weights, resistance bands, mini bands, gliders, step and mini balls. We usually end with ABS either on the floor or utilizing a chair! Participants set their own goals for how hard they choose to work!

### **Spin Xpress**

30 minutes (ALL LEVELS) Must bring a towel and water bottle. Limited seating; drop-ins welcomed however most times class is full so to guarantee a spot, it is recommended to reserve a seat the day prior! Although this class was designed for those who have limited time to exercise it has become a favorite for all! Most times, the format is choreographed however from time to time we will incorporate intervals, Tabata, endurance and drills into it. This fast paced, fat burning, strength building class will work you as hard as our 45-minute class leaving you sweat-drenched! Whether you are a beginning or an advance rider you will love how you leave this class!

### **CT Xpress**

25-30 minutes Conditioning and Toning Class. New experience every week. Some classes will focus on total body, others on specific areas. Sometimes you will utilize only your own body weight, other times you will use a kettlebell, bosu ball, loop-therabands, gliders, steps, etc. Format such as Interval, HIIT, Cardio kick also changes.

### **Cardio Fusion**

This class is a great way to have fun with your friends, learn some dance moves, and get fit all in one! This class caters to all levels of fitness abilities, even those who "can't dance" this class is cardio based, but works on different muscle groups without you feeling like you're "in the gym". This judgement free zone is the perfect place to have fun and get fit!

### **Silver Sneakers Stability**

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. A chair may be used for balance and support.

### **Silver Sneaker Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneaker ball is alternated with low-impact aerobic choreography.