

ActivEdge Fitness Club - "Our MISSION is to provide fun, high-quality Group Fitness Classes that are safe, challenging and individually modified for all physical abilities of our members and instructed by our energetic, educated and CERTIFIED Group Fitness Instructors." Our Group Fitness Classes offer a fun and exciting way to exercise that enables you to burn calories, increase your metabolism, condition your heart and lungs and build muscle. If you are new to a class, arrive ten minutes before class time and our Instructors WILL help you. **Remember to bring water and a sweat towel!**

CYCLING - (All Intensities) Experience this cardio-vascular workout for yourself! You control the intensity of your ride as you pedal your bike through all energy zones and terrains. Burn calories, strengthen your heart, and build up your cardio and muscular endurance - with no impact on your joints! "The Ride" is a 60min. workout. **Bring a water bottle & sweat towel to class.**

STEP BASICS - (All Intensities) Want basic choreography that will get your hear rate up and keep it up? LEARN while you BURN calories and have fun. Beginner or just want a GREAT workout? This class is for you!

BODYATTACK - (Moderate Intensity) BodyAttack is a sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization excercises.

BODYJAM - This cutting-edge dance based workout is taking the world by storm...BodyJam combines the latest music and the hottest dance trends to give you the ultimate cardiovascular exercise in a "clubbin" class. Hip Hop, Tribal, Salsa- learn all the latest. The certified Instructors will break it down so everyone can learn and follow. No prior dance experience necessary. All ages.

BODYPUMP -(All Intensities) Real Results Real Fast. This class will change the shape of your body. Using barbells with adjustable weights, motivating music and the energy from the instructors you will get a great workout and muscle definition you can see!

BODYFLOW - (All Fitness Levels) BODYFLOW is the YOGA, TAI CHI, and PILATES workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves, and poses create a holistic workout that brings the body into a state of harmony and balance. Yoga mats provided.

CORE - (All Intensities) Work that waist line! Comprehensive exercises designed to work all 4 of the abdominal muscles; rectus abdominus, internal obliques, external obliques, and the hard-to-target transverse abdominus by utilizing body weight, BOSU, and stability balls.

H.E.A.T. - (Moderate Intensity) **H**igh **E**nergy **A**thletic Training designed to challenge your body and produce goal oriented results by burning fat and building muscle. Variety of equipment. Transform yourself and enjoy a body cleansing sweat!

KARDIO KICKBOX - (Moderate Intensity) This Tae Kwon Do based class allows you to workout at your own pace and is designed to increase strength and stamina by incorporating kickboxing moves, martial arts, and cardiovascular training. You will learn jabs, crosses, upper cuts, hooks, front kicks, side kicks, round houses, etc. A class with ATTITUDE!

PILATES ESSENTIAL MATWORK CLASS - (All Intensities) The workout everyone is talking about. Create longer, stronger, leaner

muscles, increased flexibility, flatter abdominals and better posturewhile relieving stress and making yourself healthier. 55 minutes of traditional pilates movements and core strengthening exercises.

SilverSneakers Muscular Strength and Range of Movement - (Less Intensity) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated or standing support.

SilverSneakers Cardio Circuit - (Less Intensity) is an advanced class incorporating standing non-impact choreography designed to increase cardiovascular and muscular endurance alternating with strength work. Modifications are available.

SilverSneakers SilverSplash - (Less Intensity) Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water movements to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

STEP INTERVAL - (Moderate Intensity) The whole-body Step Workout. Easy to follow, yet intense choreography intertwined with resistance training keeps the heartrate elevated for maximum calorie burn while achieving cardiovascular and muscular results.

SUPER STEP - (Moderate Intensity) Our cutting-edge Instructors really know how to "break it down" and cue effectively so that the choreography is easy to follow yet, spunky enough to challenge your body. You will work up a sweat while enjoying great songs and routines.

STEP ADVENTURE - A 60-minute cardio intense class utilizing the step, athletic and fun moves to great music to burn those calories. The format of this class will change every few weeks to include horizontal (standard), vertical step, double-step, partner-step, and pin-wheel step. Come join the fun and let your step adventure begin!

YOGA - (All Intensities) EXPERIENCE the latest trend in personal wellness and physical fitness. Our Professional Instructors teach an eclectic blend of traditional Yoga styles to assist participants of ALL levels, whether you are just starting out or training for an athletic event. This WORKOUT will help you improve flexibility, muscular strength, posture and balance, while reducing stress, strengthening the immune system, boosting energy and increasing vitality. **Please bring 2 towels.**

YOGASTRETCH - (Less Intensity) This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you'll do at your own pace. Using a chair for support, you'll increase flexibility, build endurance and learn how to relax the think more clearly.

SWIMMING LESSONS*- Learn to swim or perfect your current skills. Our Swimming Lessons are for age 2 through adult. Each 30 minute session is a one-on-one private lesson. Please call 654-0123 with questions or sign up at the Front Desk.Small Group lessons also available upon request. Lessons are offered to both Members and Non-Members, rates are available at the Front Desk.

AQUA AEROBIX - (All Intensities) An action-packed, high intensity workout in the pool! In the water, all weight bearing stress on the joint is removed. Build-up your cardiovascular endurance, burn calories, and improve the range of motion in your joints, while having fun (relieving stress)!

H.E.A.T WAVE - (All Intensities) High Energy Athletic Training - adds an athletic edge to Aqua Aerobics by using sport skills and conditioning drills to improve your muscular strength and endurance. Continuous movement to encourage you outside your comfort zone and keep your heart rate elevated. A challenging workout that can be modified for all fitness levels.

HYDRO TONE - (All Intensities) Improve your muscular strength and definition as well as your posture by using aqua dumbbells in addition to the natural resistance of the water. Your body will become balanced and powerful as your core strengthens. This class will also increase your bone density, burn calories, allow you to sleep better and improve the quality of your life.

NAUTICAL NOODLES - (All Intensities) FUN while challenging! Experience the excitement of suspension while working your core stabilization in the water. It is amazing how many movements are made possible with this floatation device. A workout for all levels and ages. Noodles are provided.

TURBOKICK - (All Intensities) The evolution of Kickboxing! Burn up to 1000 calories per workout! The cardio workout sweeping the nation! Maximize your workout with ab sculpting moves and fat buring cardio set to the hottest dance music. Rockin Music* Simple Dance Grooves* Athletic Drills* High Energy Routines* Kickboxing with an Edge!

CARDIO SCULPT - (All Intensities) Combine the best of both exercise worlds with this fat-burning class wich fuses both strength and cardiovascular benefits with a variety of movement to give you a total body workout!

*FEE is charged for the classes with an asterisk.



	<u>Club Hours</u>	<u>Kid's Klub hours</u>
Monday - Friday	5:00am - 11:00pm	8:00am - 1:00pm, 4:00pm - 8:00pm
Saturday	7:00am - 8:00pm	7:00am - noon
Sunday	7:00am - 8:00 pm	8:00am - noon

visit us at www.activatedefitness.com

ALL OF THE CLASSES ON THIS SCHEDULE ARE FOR ALL ABILITY LEVELS.
Not participated in a class before? Please arrive 10 minutes early and ask instructor to help with equipment set up and to prepare you for class. Try a class at least 2-3 times.
Children ages 12 and older may participate in all GF Classes.