

# GROUP FITNESS



## Aquabata

Think HIIT training taken to the pool. This class cycles through intense bursts of activity followed by periods of active recovery in shallow water.

## Barre to the Beat

Inspired by ballet, yoga & Pilates, this barre class is designed to sculpt long, lean muscles. You'll move to fun, energizing music while improving your muscular endurance, balance, and flexibility.

## Body Blast

Perform bursts of cardio in between strength sets in this energizing total body workout.

## Chair Yoga

Participants will use a chair to assist them with standing and seated yoga poses designed to improve posture, joint range of motion, flexibility, and mind/body connection.

## Deep H2O

This class utilizes the deep water to provide a strength and cardio workout focusing on your core.

## Fit4Life

Focused on building total body strength and improving balance, stability, and flexibility to help us age with ease.

## HIIT

Alternate between short periods of high intensity exercises and less intense recovery periods in this 30-minute cardio and strength High Intensity Interval Training (HIIT) class. HIIT is proven to increase caloric expenditure, burn fat, and improve health factors such as cholesterol.

## HardCore

HardCore is designed to strengthen all of the muscles of our core in just 30 minutes! Our core is so much more than just our abs. In this class, we will focus on increasing our core strength, stability, and range of motion using a variety of exercises and equipment.

## Insanity®

Insanity is a revolutionary cardio-based total body conditioning program that incorporates HIIT with athletic drills.

## Killer Bs

Killer Bs uniquely blends Boxing with Barre – think Ballerina meets Fight Club. Each class is uniquely blended to create a total body workout!

## Movement & Balance

Using multi-directional and slow-medium tempo movements, your body will become a more efficient and stable machine. The class has been developed for Fit Together members, but anyone 65+ is invited!

## Muscle Mix

This class is all about strength training. You will experience a workout that trains every major muscle group in the entire body, using a variety of equipment and exercises so you'll never get bored.

## P90X® Live

Join a strong community of friendly competition, encouragement and personal fitness breakthroughs in this total body cardio and strength class.

## Pilates Mat

A challenging series of fluid exercises that promote improved posture, flexibility and core strength.

## PiYo™ Live

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and defined.

## POUND®

POUND provides the perfect atmosphere for letting loose, getting energized, and rockin' out! You'll grab the drumsticks and POUND to the beat of the music while getting an amazing cardio and strength workout that is easily modifiable.

## R.I.P.P.E.D.

This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions.

*WHO'S READY TO MOVE?!*

## Spinning®

Spinning is the original and worldwide leader in indoor cycling programs. Our spinning classes offer a challenging and motivational experience for participants of all skill levels. No experience necessary. Try Spin Challenge Rides if you're looking for a longer, more difficult ride!

## Strength & Stretch

Treat your muscles to a strength and flexibility workout all in one!

## Step Fusion

Challenge your cardiovascular system, muscular system, AND mind as you step your way through fun choreography and strength intervals.

## Stronger

This results-focused choreographed barbell strength workout will have you lifting to the beat in a motivating, challenging & fun way. Be sure to check out both our 30 and 60-minute class options!

## TDF Kick

Jab, knee, and kick your way through this fun and easy to follow cardio kickboxing class! You'll be performing kickboxing combinations that flow with the choruses and verses of current songs.

## Total Body Knockout

The name says it all—kickboxing, strength training, core & stretching class all in one!

## Ultimate H2O

Really make a SPLASH with this intense, choreographed water fitness class!

## Water Bootcamp

Anything goes in this combo water fitness class! Utilize styles of HIIT, boot camp, boxing, weights, cardio and more for a full body workout.

## Water in Motion®

A low impact, high-energy and dynamic cardiovascular workout that challenges the entire body.

## WERQ®

A fiercely fun dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy-to-learn dance routines.

## willPower Method®

A combination of alignment-based movements from Pilates® and yoga with strong, athletic calisthenics and dance principals; yielding safe, efficient workouts for students of all levels.

## Yoga

In this gentle and relaxing style of yoga we focus on the third stage or asana (posture) to clear the mind and energize the body.

## Yoga Rocks!

A fun-loving and energetic vinyasa inspired flow that follows a dynamic sequence of poses designed to make you sweat, take off unwanted pounds and burn away toxins.

## ZUMBA®

Join the dance fitness party! Let energetic rhythms from around the world move you in this fun and easy-to-follow dance class.

### KEY:

#### Class Format

 Cardio + Strength

 Dance

 High Intensity

 Mind + Body

 H2O

 Spin

#### Class Intensity

 Low

  Moderate

   High

### Looking for family friendly classes?

When you see the FF symbol on the Group Fitness schedule (*located on our website or mobile app*), it means the class is family friendly! Children ages 9 years and older can attend the class when accompanied by an adult. For Water Fitness: children must be able to stand in the water at chest depth.

Check class length, schedule, instructors, cancellations & more at: [4seasons-club.com](http://4seasons-club.com)  
or download the Four Seasons Health Club mobile app!

4seasons-club.com • FSI (309) 663-2022 • FSII (309) 661-8611 •     