

LIFECENTER GROUP FITNESS CLASS DESCRIPTIONS

AQUAFIT (Beginner-Advanced)

This class is designed to accommodate all fitness levels. Challenge yourself with water resistance in this low-impact cardiovascular workout. Added benefits include muscle toning and improved range of motion. You do not have to be a swimmer to participate.

BOX CIRCUIT (Intermediate-Advanced)

High intensity cardiovascular exercise that combines boxing and martial arts with circuit stations to maximize aerobic and strength potential.

CYCLE INTERVAL(Beginner-Advanced)

Be prepared to switch gears! Cycling, athletic and strength drills combine to make this a power packed workout.

GUTS & BUTTS(Beginner-Advanced)

This class is a quick- no fuss high energy muscle conditioning class that shapes your hips, butt and abdomen. Exercises target and tone your entire core and lower body. **PLEASE NOTE: THIS IS A 30 MINUTE CLASS.**

FOREVER FIT (Beginner)

Join us for this low- impact, easy to follow aerobic class. Some basic step will be used. This class is designed for those looking for a low impact challenge. A short toning segment is included. A great class to get you started.

LIFE PUMP (Beginner-Advanced)

One of our most popular classes! This 60 minute workout challenges all of your major muscle groups by using a variety of equipment including weights, tubes, bands, resist-a-balls and body bars.

PILOXING(Intermediate-Advanced)

Piloxing blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. This interval class will combine simple cardio kickboxing moves with amped up Pilates exercises to keep everyone moving. This is not a relaxing class, but a cardio/core toning class.

PUMP UP THE JAM (Beginner-Advanced)

Check out 40 minutes of high energy dance based jams followed by 20 minutes of muscle conditioning and you have PUMP UP THE JAM. The dance moves repeat themselves enough that you'll get an effective, easy to follow and fun workout!

SPIN (Intermediate-Advanced)

Grab your water bottle and towel and join us for this exciting 40 minute indoor cycling class. You will enjoy motivating music while simulating outdoor cycling, which will challenge your mind as well as your body. *WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.*

STEP CIRCUIT (Beginner-Advanced)

This is a great total body workout! This class uses short STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. We will use various equipment including, but not limited to weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

T.B.C.total body conditioning (Intermediate-Advanced)

This class alternates intervals of toning with a wide variety of cardio segments, which may include step, kickbox, hi/low and others. This class may also be set up using alternating stations of cardio and toning. Bands, weights, tubing, resist-a balls, body bars and other equipment may be used for the toning segments.

THE MIX (Beginner-Advanced)

Looking to shake up your workouts? This is the class for you. Class will utilize different formats each week. Including but not limited to: step, pump, hi low, bosu and ball workouts. All classes will include core work and flexibility.

TNT SPIN(Intermediate-Advanced) Team in Training's cycling program offers the opportunity to take on the challenge of an endurance ride with expert coaching. This program trains you with a group of like-minded individuals for motivation and inspiration.

YOGACORE (Beginner-Advanced)

By integrating Hatha Yoga breath work and poses with core strengthening exercises, this class will challenge your body and invigorate your soul.

YOGAFIT (Beginner-Advanced)

Designed to improve health, performance and mental acuity. Based on the science of hatha yoga, this class blends balance, strength and flexibility in a fitness format. This class is user friendly and is geared to all fitness levels.

YOLATES (Beginner-Advanced)

A great combination of Pilates and Yoga inspired movements. This class will increase your flexibility, core stability and all over muscle tone. Resist-a-ball may be used. This is a 45 minute class.