



GROUP FITNESS Description Page



#itsbetterinagroup #buildabetteryou #spiecefitness

Group Active: The Best Place to Start! Group Active gives you all the fitness training you need in 55 minutes of cardio, strength, balance and flexibility! Get stronger and healthier with inspiring music, weights, body weight and simple athletic movements. Get Active and Get More Out of Life! (All fitness levels with a focus on beginner to intermediate)

Group Power: This 55 minute barbell program strengthens all your muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple athletic movements such as squats, lunges, presses and curls, Group Power is for everyone! (All fitness levels)

Group Centergy: Grow longer and stronger in this 55 minutes journey of yoga and pilates movements. Positive, uplifting music with group dynamics and supportive instructors enable you to center your energy, reduce stress and even smile. (Intermediate to advanced fitness levels)

Group Core: Train like an athlete in this 30 minute action-packed class. A strong core from your shoulders to your hips will improve your athletic performance, help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional exercises using body weight, plates, a towel and a platform. (Intermediate to advanced fitness levels)

Group Fight: This 55 minute fight burns a ton of calories and builds a total body strength. Tap into the hottest mixed martial arts movements done at rapid-fire pace to your cardio fitness! This electric experience is addictive. FIGHT FOR IT! (Intermediate to advanced fitness levels)

Group Blast: Get your cardio fix with 55 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring! (Intermediate to advanced fitness levels)

Zumba: Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy to follow, latin-inspired, calorie-burning dance fitness party that runs for 45 minutes! (All fitness levels)

Spinning: Take a 45 minute cycling journey with us. All fitness levels are welcome to experience this class. Please arrive 5 minutes early for your first class so your bike can be custom fit to your body. Water is mandatory! Heart rate monitors are recommended. Each ride is specifically designed to target endurance, strength or intervals. (All fitness levels)

Interval Training: Interval training has been proven to strengthen your heart and improve your metabolism in 55 minutes! Cardio, strength and HITT training is combined in one great workout. (Intermediate to advanced fitness levels)

Tai Chi: Emphasize your relaxation and inner calm with meditation and self defense techniques. This 60 minute class also focuses on improving your circulation and balance, strengthening the nervous system, increasing the range of motion, toning muscles and releasing tension. (All Fitness Levels)

Classes are FREE with our blue and black card memberships. Red and white card memberships along with non-members can join in a class for only \$10.00. Come experience why its' better in a group! Check out our Group Fitness Schedule for all the class times and locations.

