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Effective April 23, 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am							
8:30am			Yoga		Step		
9:30am		Step	Interval Training	Pilates Mat			
10:30am	Cardio Circuit*  	Yoga	Cardio Circuit*  	Yoga	Cardio Circuit*  		Yoga
11:30am	MS-ROM* 		MS-ROM* 		MS-ROM* 		
12:00pm		Gentle Yoga		Gentle Yoga			
1:30pm	Cardio Circuit* 	Fit For Life	Cardio Circuit* 	Fit For Life			
3:00pm							Pilates Mat
4:00pm							
4:30pm							
5:30pm				Pilates Mat			
6:30pm	Yoga		Power Yoga				
CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am		Cycle 60		Cycle 60			
9:30am	Cycle 60			Cycle 60		Cycle 60	
6:30pm		Cycle 60		Cycle 60			

\*Located in the Basketball Gym

8300 Health Park, Raleigh, NC ▪ 919- 847- 2393 ▪ [www.healthtrax.com](http://www.healthtrax.com)

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Monday-Saturday 8:15am-1:00pm / Monday-Thursday 4:30-8:00pm / Sunday 1:00-5:00pm



# Group Fitness Schedule

## GROUP FITNESS CLASS DESCRIPTIONS

**CYCLE 60** - This cycling class utilizes high energy music and a motivating non-competitive group environment to create a stronger, leaner body. No complicated moves and low impact pedaling allows anyone who can ride a bike to burn calories and have fun.

**FIT FOR LIFE** - Whether you're new to fitness, returning to exercise or want a lighter approach, this class combines all the benefits of strength, cardio, flexibility, and balance with fun, easy-to-follow, gentle fitness movements.

**GENTLE YOGA** – This milder yoga class is designed for the new yoga student or participants with joint restrictions or limitations.

**GROUP ACTIVE** - Activate your life in one hour. Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active!

**GROUP GROOVE** - If you can move, you can Groove. You'll stomp, flick, wiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove@.

**GROUP POWER** - This 60-minute barbell program will strengthen all your major 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 all fitness levels. Discover results, discover Group Power@!

**GROUP STEP** – Discover new heights with Group Step@. Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group exercise experience. Step this way with Group Step.

**INTERVAL TRAINING** – Challenge yourself with this class that will increase muscular strength and cardiovascular endurance. No fancy choreography, just skills and drills that will increase your speed, agility, strength, and stamina.

**PILATES MAT** - Strengthen your body from the inside out through Pilates exercise. Focus is placed on the six principles of Pilates exercise including Concentration, Centering, Fluid Movement, Breathing, Controlled Movement, and Breath. A variety of benefits can be earned including increased core strength, muscle balancing, flexibility, joint mobility and posture. Exercise modifications and progression will be offered for all levels of participants.

**SILVERSNEAKERS® CARDIO 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 ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**SILVERSNEAKERS® MUSCULAR STRENGTH** - 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 and/or standing support.

**STEP** - This class uses a step platform and high energy music to improve cardiovascular fitness and strengthen the lower body. Step can combine high and low impact moves and is a great alternative to traditional cardio classes.

**YOGA** – A unique way to integrate mind, body, and spirit, without force or competitiveness. This class will guide all levels of students through a flowing asana practice that includes Sun Salutations, and a wide range of standing and seated poses. Your yoga class may incorporate a variety of yoga styles and practices including (but not limited to) Vinyasa and Hatha. Attention is given to breath and proper alignment to promote a healthier lifestyle, relieve stress and increase strength and flexibility.

**ZUMBA!** – This Latin-inspired, easy-to-follow, dance-fitness party exhilarates the senses and works all major groups in a high-energy cardio blast. Zumba classes feature exotic rhythms like salsa, merengue, cumbia, and samba set to sexy Latin and international beats.

### **Reminders:**

- For your safety and the safety of others in class, entrance may not be allowed once class has begun. While we understand running late happens, and we are a member-friendly center, if your late entrance is a safety concern you will not be allowed to enter.
- It is highly recommended that you stay through the end of the class.