

# GROUP FITNESS: Specialty Class Descriptions

See the Group Exercise Schedule to find the classes offered in your Center.

Schedules can be picked up in the Center or on [www.healthtrax.com](http://www.healthtrax.com), choose your location.

Class videos can also be viewed on our Healthtrax YouTube page at [www.youtube.com/user/HealthtraxFitness](http://www.youtube.com/user/HealthtraxFitness). Classes vary by location.

## GROUP POWER®

**Group Power®** will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

## GROUP BLAST®

**Group Blast®** is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

## GROUP fight™

**Group Fight™** is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

## GROUP groove®

**Group Groove®** will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE!

## GROUP ACTIVE®

**Group Active®** gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE!

# GROUP FITNESS: Specialty Class Descriptions

See the Group Exercise Schedule to find the classes offered in your Center.

Schedules can be picked up in the Center or on [www.healthtrax.com](http://www.healthtrax.com), choose your location. Class videos can also be viewed on our Healthtrax YouTube page at [www.youtube.com/user/HealthtraxFitness](http://www.youtube.com/user/HealthtraxFitness).

## GROUP CENTERGY®

**Group Centergy®** will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

## GROUP CORE®

**Group Core®** trains you like an athlete in 30 action-packed minutes. 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 and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!

## GROUP RIDE®

**Group Ride®** is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!



**Zumba®** is a fusion of Latin and International music and dance themes that creates a dynamic, exciting and motivating workout. It is a mixture of body sculpting movements combined with easy to follow dance steps to give you a cardiovascular mixed workout with great and fun music!



Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!



800-505-5000  
[www.healthtrax.com](http://www.healthtrax.com)