

TRI▲NGLE SPORTSPLEX GROUP EXERCISE



Cardio:

Cardio Sculpt-a 45 minute class designed to keep you moving and get your heart rate up. Resistance training may be incorporated. Levels and modifications are shown but not appropriate for those with knee or back problems.

Interval-This class takes strength training moves and adds cardio intensity moves to create a powerful workout that tones, strengthens and shapes the whole body. The cardio and strength moves are done in alternating intervals.

Power Low- Work hard AND leave one foot on the floor! This class has easy to follow patterns on the floor while providing a challenging, motivating workout that is easily adapted to most fitness levels.

Run Club- Meet in the Front Lobby to stretch and receive your destination. New runners and veterans are welcome. Be ready to be pushed and motivated as you tackle the outside hills.

Step & Step X-press- Step is fast paced, fun, bench stepping class with moves on & off the bench. Routines are easy to follow and provide great cardio and toning benefits. Beginners are welcome in the Step class but the Step X-press is designed for the intermediate/advanced stepper.

Zumba-a “feel happy” workout that combines high energy and motivating music with unique dance moves and combinations.



Strength:

Abs & Arms- This half hour class features the use of optional resistance equipment like weights and resistance bands to tone the abdomen and arms. Attention is given to individual needs and all fitness levels are welcome to attend. It is strongly recommended you be warmed up.

All About Abs-A 40 minute class that works your abdominals in a structured, challenging format. Easily adapted for beginners.

Boot Camp- A training experience combining strength endurance and cardio fitness. This will challenge people of all fitness levels. Do you think you have what it takes? Challenge yourself today!

Firm & Tone- Tone your body from head-2-toe! Whether using resistance bands or hand weights, you will target all major muscle groups using a variety of ever changing exercises. Beginners welcomed!



Healthy Mind and Body

Hatha and Pilates Yoga- Both classes offer strengthening, relaxation and flexibility, but Pilates style really focuses on working the core muscles of the body. Hatha Yoga is a gentler, flowing style with a concentration on relaxation.

Stretch & Yoga Stretch-The more you exercise, the more you need to stretch! These classes will take you through an easy pattern of stretching to leave you feeling relaxed and renewed. Some yoga positions are added during the yoga stretch class!

Tai Chi- The ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve your health. Join us for graceful poses and practice of tai chi.

Pace Setters

Basic Conditioning-Join us for gentle exercise and stretching in a friendly and relaxed atmosphere. Appropriate for all Seniors and is easily adapted for those who need to sit while they exercise.



Cycle

Interval Spin-This class focuses on strength. You will be on the bike climbing or riding flats in higher gears and off the bike doing strength training exercises using weights.

Race & Ride- This class is designed to simulate an outdoor ride, complete with hills and long, rolling sections that you can sprint! Bring a water bottle.

Spin &...- For triathletes or those who want to benefit from cross-training. Focus on riding and endurance then enjoy 30 minutes of strength, stretch, swim or more spin!

Spin (Basic)- Don't let the “basic” part fool you! This is a spin class in it's original form. The instructor will guide you through a variety of workout patterns and training drills. All with great music to motivate you through the ride!