

Thrive Group Fitness Class Description

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BODYFLOW is the Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It is your personal time out from the stress and strains of daily life. Benefits from this class will help increase your core strength, burn calories, improve joint flexibility, and range of movement. **Potential calorie burn: 390**

BODYPUMP is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights, good for just about anyone who wants to add strength training into their aerobic workout. This workout challenges all your major muscle groups by using the best weight-room exercises, such as squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! **Potential calorie burn: 560**

BODYSTEP is a simple, athletic, fun workout with high intensity intervals plus muscle conditioning work. This program utilizes an adjustable step platform and uplifting music to challenge your cardio fitness, your agility and your power and strength. **Potential calorie burn: 620**

BODYSTEP ATHLETIC takes the traditional BODYSTEP class and keeps the fun, energy and motivation and incorporates short bursts of circuit style, functional training with established step-based cardio blocks and muscle conditioning tracks. Its design is such that BODYSTEP Athletic is considered a powerful cardio workout that will offer the incredibly fit a real challenge and enable all participants to get amazing results. **Potential calorie burn: 660**

BODYVIVE a cross training class giving you thirty minutes of low to moderate intensity cardio work, followed by thirty minutes of functional strength with use of the BODYVIVE tubing. BODYVIVE is ideal for all fitness levels. With modifications you can increase or decrease the demands on your body. BODYVIVE works up a great sweat has fun motivating music and it will work for you! **Potential Calorie Burn: 550**

CXWORX a cutting edge 30 minute workout is the ultimate way to strengthen and tone the muscles of your entire core, abs, glutes, back, obliques and sling muscles which connect the upper and lower body. Based on cutting-edge scientific research, CXWORX combines the best of personal training with the energy of a group fitness class to bring you the awesome core toning you've been looking for. Modifications can be adapted for all fitness levels **Potential calorie burn: 240**

RPM an indoor cycling class where you ride to the rhythm of powerful music and control the intensity of your workout with a resistance dial and pedal speed. Take on the terrain with your inspiring team coach who leads the pack through 20-25 kilometers of hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. **Potential calorie burn: 620**

ZUMBA combines high energy, motivating Latin and International music with unique moves and combinations. The routines feature fast and slow aerobic rhythms that tone and sculpt the body, maximize caloric output, and burn fat. ZUMBA is a dynamic, exciting, effective, “feel-happy” workout. **Potential calorie burn: 420**

ROCK'n CYCLE helps get you over the hills, up the mountains and speeding through the flats! The great music in this class will help you forget about the work. Watch the calories spin away in this fun, intense and entertaining 45 minute cycle class! **Potential calorie burn: 620**

EXPRESS CORE focuses on strengthening the muscles in your pelvis, lower back, hips and abdomen so they can work in harmony. Stable core muscles lead to better balance and stability. This class utilizes a variety of exercise equipment challenging your core muscles to activate and respond when called upon to create power and strength throughout your daily activities. 30 minutes of strengthening your core in a fun, entertaining class! **Potential calorie burn: 200**

SHRED uses Circuit Training compound exercises that work several muscle groups at a time while simulating real-world exercise and activities. Exercises are performed in short bursts with short periods of rest in between, keeping your heart rate up and providing great cardiovascular benefits. Looking to shake up your exercise routine? C'mon in and watch the calories SHRED! **Potential calorie burn: 675**

H.I.I.T (High Intensity Interval Training) is the rage right now and for good reason. Alternating short bursts of super intense work with a low intensity recovery helps you burn more calories in less time. It improves speed and endurance and studies show it can actually help reduce belly fat. Get off your plateau and kick your fitness up to the next level or 2! Mountain climbers, high knees, flying lunges, squat jumps, pushups, burpees are just some of the intense exercises that will get your heart and muscles burning. Class is led by certified personal trainers and is 30 minutes. **Potential Calories Burn: 600**

PLEASE notify instructors of any and all injuries so they can work with you on how to best accommodate and structure your workout. Please remember in order to keep your favorite class on the schedule Thrive Community Fitness requires maintaining a minimum of 10 or more in class attendance. **THANK YOU!**