

Group Fitness Descriptions

- **Cycle & Abs:** A 15 minute segment to tone your core/abs followed by a 45 minute cycle segment.
- **Candlelight Ride:** A wintertime favorite of GW members. Studio Cycle in a candlelight atmosphere. (reservations recommended)
- **Cardio-Strength Circuit:** Get your cardio and strength. Intervals of cardio, cycle, treadmill, elliptical, jump rope, etc. alternated with strength using a series of weight stations and free weights etc. **“sledge/tire” and “the rope” incorporated into the intervals.**
- *** Kettlebell:** Gain fitness at any level efficiently using muscle integration, not isolation, incorporating cardio, strength, core conditioning, and flexibility all in one workout! You will learn 6 basic fundamental Kettlebell exercises and much more. **Roz is an HKC (Hardstyle Kettlebell Certified) Russian Kettlebell Instructor. *FEE (Note: you must complete a Kettlebell workshop prior to attending a Kettlebell class. Contact Roz**
- **Pyramids:** Strengthen and challenge the major muscle groups using a “pyramid” method of weight reps and sets with the sole use of dumbbells in this efficient 30 minute class.
- **Stay Fit Forever:** Our Active Adult class is a stimulating and gentle to moderate workout. A blend of low impact aerobics, strength, toning, flexibility and balance.
Note: Wednesday class includes weight machines. Friday class involves some stretching.
- **Studio Cycle:** Simulation of an outdoor ride on custom designed Lemond bikes. Climb, sprint, and sweat your way on a ride choreographed to music with Roz. Build lower body strength, endurance, and cardiovascular conditioning through interval training.
- **Cycle & BodyWork:** A 30 minute cycle segment followed with a 15 minute segment of high intensity exercises using your own body weight, push-ups, squats, plank etc.
- **Total Body Workout:** Fusion of cardiovascular, strength, toning, and balance, using your “total body” compacted into 1 workout! Includes some ‘step’(cardio), dumbbells, resistance tubing etc. Re-shape your body and kick up your metabolism in this fun and challenging workout!
- **Yoga Basics:** Based on the ‘Iyengar’ method of yoga (yoga for everyone). Stretch, lengthen, and strengthen the joints, muscles, and spine at your own pace and level. Please dress in appropriate clothing that allow for the instructor to see how your body moves. No baggy clothes please.

** indicates a FEE class (all other classes are included with membership)*

*Reserve a bike — for all evening classes (call or email the day of the class beginning at 7am)
For Saturday cycle class reserve the day before, on Friday between 7am-12-pm*