

WINTER 2020

Group Exercise Classes

Water Fitness

MON	TUES	WED	THUR	FRI	SAT
9:00A-10:00A Spin Fusion w/Joanne	9:00A-9:45A PowerFlex w/Joanne		6:00A-6:45A HIIT it Hard w/Lisa	9:45A-10:30A Morning Muscle w/Tracy	7:00A-7:45A Athletes In Motion w/Picky
9:30A-10:15A Fun In Fitness w/Daniella				10:30A-11:00A Cardio Mix Up w/Tracy	8:30A-9:15A Barre Fusion w/Mary Beth
12:00P-12:45P Strength & Conditioning w/Tracy	12:00P-12:45P Dynamic Flow Yoga w/Mary Beth		12:00P-12:45P Dynamic Flow Yoga w/Mary Beth		
5:00P-5:45P Crunch N Punch w/Tracy	5:00P-6:00P Athletes In Motion w/Picky	6:00P-7:00P Spin Fusion w/Meg	5:00P-6:00P Athletes In Motion w/Picky		
	5:30P-6:15P Total Body Blast w/Mary		5:30P-6:30P Old School Strength w/Mary		

MON	TUES	WED	THUR	FRI	SAT
10:30A-11:30A Aqua Fusion w/Picky	10:30A-11:15A H2O Suspension w/Picky	10:30A-11:30A Aqua Fusion w/Picky	10:30A-11:15A Aqua Jam w/Picky	10:30A-11:30A Aqua Fusion w/Picky	8:00A-9:00A Bootcamp H2O w/Picky
	6:00P-7:00P Bootcamp H2O w/Picky		6:00P-7:00P Bootcamp H2O w/Picky		

Yoga • Pilates

MON	TUES	WED	THUR	FRI	SAT
	9:00A-9:45A Pilates w/Carol		9:30A-10:15A Senior Yoga* w/Denleigh *8 Week Sessions *Additional Fee	9:00A-9:45A Total Core Pilates w/Carol	10:00A-11:00A Yoga w/Lilly/Jeanine/ Daniella
	12:00P-12:45P Dynamic Flow Yoga w/Mary Beth		12:00P-12:45P Dynamic Flow Yoga w/Mary Beth		
6:30P-7:30P Yoga w/MaryBeth		6:30P-7:30P Barre w/Rachel	6:30P-7:30P Yoga w/Denleigh		



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Interested in small group personal training?
Try out HD today!! Contact Andy to learn more about our
High Definition - Small Group Personal Training Program

Spinning

MON	WED	THUR	FRI	SAT	SUN
5:45A-6:30A Spin w/Meg	5:45A-6:30A Spin w/Dianne	9:15A-10:00A Spin W/Daniella	5:45A-6:30A Spin w/Julia	9:00A-9:45A Spin w/Kait/Tracy	9:00A-10:00A Spin w/Julia
5:30P-6:30P Spin w/Christian	10:00A-10:45A Spin w/Joanne	5:15P-6:00P Spin w/Denleigh			

GROUP CLASSES

A.I.M. – Athletes in Motion: The best in motion, music and motivation in this high energy dynamic class emphasizing functional sport movements. You'll run, jump, crawl and sweat your way through cones, agility ladders, and other safe and fun challenges

Barre: An athletic workout specifically designed to strengthen and lengthen the body. The class is fueled by upbeat music and efficiently flows through each muscle group, creating endurance and stamina through strength training and increased flexibility through stretching. The movements are influenced by classical ballet barre methods, Pilates, yoga, and orthopedic exercises.

CardioMixUp: Use the various Cardio Machines in a fast paced, hard driving cardio group exercise class. Picture a spin class on an Elliptical Machine or Treadmill. Lots of energetic fun!

Crunch N Punch: A fun combination of basic boxing and challenging core exercises. You'll be hitting the heavy bag and focus mitts, and developing a strong and stable core. An intense and fun blast of cardio and core all while releasing some energy with powerful punches!

Fun In Fitness: Come and play with all of the ways your body can move in this class that makes fitness both fun and functional. Alternating week to week between a yoga/Pilates flow and a functional training class, we'll use TRX straps, infinity bands, medicine balls, stability balls, and more to focus on functional movement patterns and mechanics. You'll have fun, improve your balance, mobility, stability, and strength, and leave each class feeling better than when you walked in.

HIIT it HARD: A fast paced and fun HIIT program to improve your strength and cardiovascular health. Great music and energy from qualified and skilled group exercise instructors with a strong history of motivating people to achieve amazing health and fitness accomplishments.

Morning Muscle: Total Body & Core strength. Combo this class with the CardioMixUp Class that immediately follows. Positive energy, power, strength and flexibility for all abilities. Short, quick, and efficient total body workout with a smile!

Old School Strength: Sometimes you just need to turn back the clock to a time when people just lifted weights. This is a fun and smart workout that will activate and strengthen your muscles through safe and proper weightlifting techniques. No, you won't get bulky - you'll get strong and ripped! Come lift some weights with us!

PowerFlex: High Powered Energy and Fun where you'll sculpt and strengthen your muscles while raising your heart rate in a highly motivating environment. For all abilities, because all you need is a positive attitude and a smile (and water!)

Spin Fusion: Let's mash together two dynamic classes into one power hour! This class will combine the high energy or a spin class with core and strength that everyone needs. The first portion of the class will be on spin bikes and the second part will take place in the HD room.

Strength & Conditioning: Raise your heart rate in this fun mashup of cardio, core, strength and flexibility. You'll work hard while having a wicked awesome experience in this class!

Total Body Blast: A medley of calorie-blasting aerobic exercises featuring high intensity sports/athletic drills and full body moves. You'll target various muscle groups with dumbbells and focus on proper body alignment and posture. Get strong! Come to Total Body Blast for a head-to-toe strengthening program that's fun!

WATER FITNESS

Aqua Jam: Picture the wicked awesome Worcester Fitness pool filled with 20, 30 or 40 super-positive humans moving to great music led by a motivating instructor. THAT is H2O Fitness at Worcester Fitness!

Aqua Fusion: This multi-level class is easy on your joints and provides a mid to high intensity workout. Begin with a 30 minute mobility, flexibility, and total body resistance workout. Finish the last 30 minutes of class with a mixture of high intensity aquatic exercises. Expect to use a variety of equipment(noodles, bands, boards, waterbells). High energy, positive people and motivating music will ensure that you'll never sink!

Bootcamp H2O: A mixture of high intensity water aerobics and core strength training utilizing bands, noodles, boards and hand weights designed to increase all fitness levels. High energy, positive people and motivating music.

H2O Suspension: A challenging workout in the pool, suspended by fun and flexible noodles. Move, strengthen, flex, and smile your way through this unique water class in the awesome pool!

SPINNING

Spin: Surround yourself with positive people in an insanely awesome indoor cycling arena with 23 bikes, amazing sound system and mood setting lighting. Come Spin with Us!

YOGA • PILATES

Dynamic Flow Yoga: Fast Paced Strengthening Class linking breath and movement for a dynamic flow. Igniting your life force with linked poses, core work, balance poses and energized movements.

Pilates: Pilates educates, realigns, re-patterns and balances your body. It increases muscle strength while promoting coordination, stamina and flexibility.

Senior Yoga: Yoga for seniors has many health and fitness benefits. It helps to improve strength, flexibility, mobility and balance Senior Yoga also teaches breathing techniques and body alignment. Senior who do yoga have better sense of well being, reduced risk of fall; improved sleep patterns and mood; and reduced joint pain and anxiety.

Yoga: Highly skilled and passionate yoga instructors lead members of all ages and experience levels through series of poses and movements designed to make you feel better than you did when you walked into the room.