

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.

BODYPUMP is the revolutionary weight training workout set to motivating music using barbells with adjustable weights. BODYPUMP is a simple, athletic based workout that strengthens, tones and defines every major muscle group in your body. Ideal for beginners through experienced exercisers.

BODYSTEP is a simple, athletic workout with high intensity intervals followed by muscle conditioning tracks that will shape and tone your entire lower body and push your fat burning systems into high gear. Not for the faint hearted, BODYSTEP is a great cardio workout that will get you back on your step and right into shape!

BODYSTEP ATHLETIC takes the traditional BODYSTEP class and incorporates short bursts of circuit style, functional training with established step-based cardio blocks and muscle conditioning tracks. This class is a powerful cardio workout that will offer the incredibly fit a real challenge and enable all participants to get amazing results.

BODYVIVE is a low-impact, whole body group fitness workout that uses VIVE balls, VIVE tubes and body weight to boost fitness and core strength. This all round low-impact workout lets you choose just how hard you work. It's ideal for those new to group fitness, those returning to exercise or rehabilitating after an injury, pre and postnatal mothers, and active adults who want the benefits of improved cardio fitness, strength and flexibility.

CX WORX a 30 minute class based on cutting-edge scientific research is the ultimate way to get a tight toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body, this workout will leave you looking good and feeling strong. Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you!

RPM is a great way to get a vigorous workout. Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories, keeping your muscles in shape and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors, and an inspiring group environment lets you RIDE ON!

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.

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!

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 whether playing on the field or in everyday activity. 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!

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!

TRX is a suspension and resistance type of training; it lets you control the difficulty and the resulting challenge of the workout. In this TRX Introductory Class, you can establish strength, mobility, power, balance, flexibility and the reduction of injuries. TRX is used for a different number of purposes, with everything from rehabilitation from injury to serious athletic training. Space is limited; reservations are strongly encouraged and can only be made in person on the day of the class.

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!**