

THRIVE Maple Valley – Group Exercise Class Descriptions

BOOT CAMP

Challenge your strength, endurance, agility and will-power with high intensity push ups, jumping jacks, burpees and more. Class may occur outdoors.

BUTZ ‘n’ GUTZ

Say no more! Target abs and gluteus for a powerful workout.

Chi Gung

Chi Gung is a very gentle exercise that aligns movement, breath, and awareness for balance, relaxation, flexibility, and healing.

CYCLE STRENGTH

Cardio and strength combination; calorie burn cycling with muscle building strength, using hand weights and exercise balls. Perfect for a cycling newbie!

FIT & FLEX TONE

Complete low impact workout blending Pilates based movements for fitness, flexibility, and toning; targeting all muscle groups. Varied routines using free weights, resistance bands, stability ball, and Pilates ring. You control the intensity.

GROUP CYCLE

“Sp”intensely for a leaner body. Climb and descend hills and mountains, chase the pack and fly on the flats. Designed to burn maximum calories, improve cardio strength, and make you sweat. Fun and motivating.

PILATES

Pilates is a conditioning routine that emphasizes spinal and pelvic alignment, focusing on breathing to develop a strong core (abs, back, buttocks). improving coordination and balance. It builds flexibility, muscular strength, and endurance.

POWER HOUR

Cardio and weight mix with interval training, plyometrics, weight bars and free weights. This workout gives your whole body a workout while having fun.

RIZMIC

All American dance fitness format using exclusively American music paired with its authentic movement. Enjoy Disco, Hip Hop, Country, Swing, and more. This high calorie burning workout is sure to bring a smile to your face.

SKINNY JEANS

Firm and tone for confidence! Pilates based lower body workout targeting core muscles (abs, back and buttocks) along with quads, hamstrings, and glutes using Pilates ring, stability ball, resistance bands, and free weights. Feel the challenge!

STRENGTH

Power packed class designed for an overall body challenge. This class uses dumbbells to perform each exercise to upbeat music – a motivating and diverse workout using all muscle groups.

STRENGTH CIRCUIT

Similar to strength but in a rotating circuit format. This class uses hand weights, BOSU, elastic bands, training ropes, benches, TRX, and more. Work all muscle groups with upbeat music; fun and fast paced!

STRENGTH ENDURANCE

Add variety to your strength workout through intervals of athletic drills and muscle conditioning. You will increase your overall strength and endurance.

STRETCH

Increase flexibility and mobility, before or after a workout, keep those muscles limber!

TURBO KICK

Blend of kickboxing and dance moves. TK a blend of kickboxing and dance moves to high energy and motivating music. Ultra cardio with a unique blend of intervals, strength, and endurance training.

YOGA

The emphasis in yoga is increasing strength, flexibility and stress reduction. Improve posture and peace of mind, while reducing or preventing pain.

ZUMBA

Have fun with a high caloric burn while you dance to great music! The ultimate Latin dance party is a full hour of heart racing, muscle pumping fun. Ole!