

Group Fitness Class Description

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BODY BLAST This full body, circuit-style workout combines anaerobic and muscular conditioning using a wide variety of exercises to increase strength, power, agility, and speed.

GROUP CYCLING Come and ride with us and cycle your way to a leaner body. Climb and descend hills and mountains, chase the pack, and fly on the flats. This cycling class is designed to burn maximum calories, improve your cardio strength and make you sweat! A motivating group experience with inspiring music, awesome instructors and most of all.....LOTS OF FUN!!!!!!

PILATES/YOGA FUSION This is a gentle class that blends together Pilates and yoga. You will strengthen your core (abs, back, hips) with the Pilates half of class, then you'll stretch and strengthen all the main muscle groups with yoga. Some simple balance work will also be incorporated, along with breathing and relaxation exercises. This class is ideal for your rest/recovery day or in addition to your workout.

FITBALL Dumbbells unite with the fitball to make a dynamic and challenging full-body strength-training class. You will strengthen all the major muscle groups with a focus on core training and flexibility. This class will challenge all levels.

UPPER CUTZ In this express class, you will perform a wide variety of exercises to tone and sculpt each muscle group in the upper body, including the core muscles. This class is ideal for those seeking the look of long and lean muscles, in a low-impact environment.

BUTZ N GUTZ In this express class, you will perform a variety of exercises for your lower body, including the muscles of the core. Expect to use a variety of equipment and learn different techniques to tone and tighten trouble spots, such as thighs, lower abdominals, and the butt!

POWER STRENGTH This is a fun power-packed class designed to work the entire body through sectional progression. The class will use weighted barbells and dumbbells to perform each exercise along with the use of upbeat, even-tempo music to guide the class through a challenging and diverse workout using all muscle groups. Come ready to feel the burn!

YOGA is a very popular class to help reduce stress. It will not only stretch muscles, but strengthen them as well. In this form of yoga, you can expect to flow through a variety of poses that will promote core strength and enhance your sense of well being. Students are sure to walk out of class feeling peaceful and calm.

POWER YOGA is a vigorous, fitness-based, Vinyasa-style yoga. The emphasis will be on increasing strength, flexibility and stress reduction. Commit to coming to class twice a week for one month and you will notice significant changes in your overall well-being.

AEROFLEX Aeroflex is aerobic weight training, which combines strength-training with cardiovascular and flexibility conditioning for a complete cross-training program resulting in more comprehensive fitness. All levels are welcome and encouraged.

ZUMBA® When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party.

COMBO 90 will work every muscle group, including your heart! This power-packed class is a combination of Power Strength and Group Cycling. This 90 minute class features segments of cycling followed by segments of strength exercises.

INSANITY® This class features plyometric drills on top of nonstop intervals of strength, power, resistance, and core training moves. Exercises are performed at your own pace, making it an ideal class for all fitness levels. No equipment or weights needed. Just the will to get the hardest body you've ever had.

BODY FIT is an interval style workout designed to help you burn fat, build cardiovascular/muscular strength and increase endurance through the use of indoor cycling bikes and free-weights. This class is easy on the joints and great for all fitness levels.

NIA The first fusion fitness program of its kind, Nia is inspired by dance arts, martial arts, and healing arts. Nia blends a range of rhythmic music styles with carefully choreographed hour-long routines for Every Body and fitness level.