

## CLASS DESCRIPTIONS

### AEROBICS

Move to the beat and have fun in this cardio fitness class.

### BOOT CAMP

Get ready to Sweat! A class designed to challenge you to your ultimate limit and getting the most out of each individual. This is all about seeing what you can do! The intensity level of this class is based on how much you can do within a set of exercises, so jump in and prepare to impress yourself each week!

### CHAIR YOGA

Entry level Yoga for individuals with limitations. Chairs are used.

### GROUP ACTIVE

Group Active is an innovative 55-minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, body weight, and The STEP®.

ACTIVATE YOUR LIFE!

### GROUP BLAST

Group Blast is 55 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

### GROUP CENTERGY

Group Centergy® will grow you longer and stronger with an invigorating 55-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

### GROUP CORE

Group Core® gives you three-dimensional strength training in 30 action-packed minutes! A stronger core improves athletic performance, enhances movement health, and helps prevent back pain. Expert coaching and motivating music will push you through integrated exercises that use your body weight and weight plates. HARD CORE!

### GROUP GROOVE

Group Groove® will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE!

### GROUP FIGHT

Group Fight® is a gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

### GROUP POWER

Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with

functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP!

### GROUP RIDE

Group Ride® is a huge calorie burner that builds great-looking legs! It's a 55-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!

### HEALTHY LIFESTYLE

Class is designed for members of all ages, abilities and fitness levels. It offers a variety of fitness programming that includes strength, cardio and flexibility for a well-rounded series of exercises. This class helps begin or maintain your active lifestyle.

### JUST BALANCE

Designed to improve your core strength, stamina and self-confidence; each class promotes progression and improvements in balance.

### PILATES

This class applies the principles pioneered by Joseph Pilates with a concentration on core development to improve balance and coordination. Focus is on core stability, core strength, flexibility enhancement and body alignment.

### R30

Get fitter in only 30 minutes! It's as easy as riding a bike and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

### RECOVERY YOGA

A slower yoga practice that focuses on restoring the body to a state of balance. Instructors will lead you through a series with an emphasis on functional flexibility with static and dynamic movements, breath connection, and muscular alignment while reducing stress in all areas of the body.

### SIT & BE FIT

A seated total body conditioning program.

### YOGA

Our yoga program allows anyone to participate in any class. Each instructor will provide professional feedback, variations and modifications to accommodate all fitness levels and yoga styles. Experience yoga and improve your overall wellness program.

### ZONE TRAINING

Zone Training is a interval-based class designed for participants to reach their maximum potential while maintaining control of their workout as they move zone to zone. Utilizing the heart rate technology, each participant can see how much they are pushing their bodies to get the results they want. Average burn 400-1,000 calories. \*Purchase of Heart Rate monitor required (available in pro-shop)

### ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries.

SEPTEMBER 16, 2019–JANUARY 5, 2020



# GROUP FITNESS SCHEDULE

## HOURS OF OPERATION:

MONDAY-THURSDAY 5:30a-8:00p

FRIDAY 5:30a-6:00p

SATURDAY 6:00a-5:00p

SUNDAY 10:00a-5:00p



SPANISH SPRINGS 1000 Main Street | The Villages, FL 32159 | 352-753-6910

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am - Group Power (3) 6:30am - Group Ride (1) 6:30am - Recovery Yoga (2) 7:00am - Boot Camp (3) 7:45am - Group Centergy (2)	5:45am - Group Ride (1) 7:00am - R30 (1) 7:00am - Yoga (2) 7:35am - Group Core (3)	5:45am - Group Power (3) 6:30am - Group Ride (1) 6:30am - Recovery Yoga (2) 7:00am - Boot Camp (3) 7:45am - Group Centergy (2)	5:45am - Group Ride (1) 7:00am - R30 (1) 7:00am - Yoga (2) 7:35am - Group Core (3)	5:45am - Group Power (3) 6:30am - Group Ride (1) 6:30am - Recovery Yoga (2) 7:00am - Boot Camp (3) 7:45am - Group Centergy (2)		
8:00am - R30 (1) 8:00am - Group Groove (3) 8:30am - Zone Training (4) 9:00am - Pilates (2) 9:15am - Group Active (3) 9:30am - Group Ride (1) 9:45am - Zone Training (4) 10:15am - Group Core (2) 10:30am - Aerobics (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	8:15am - Group Ride (1) 8:15am - Zumba (3) 8:15am - Group Blast (2) 9:30am - Group Power (3) 10:00am - Chair Yoga (2) 10:45am - Group Active (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2) 11:00am - Zone Training (4)	8:00am - Group Groove (3) 8:30am - Zone Training (4) 9:00am - Pilates (2) 9:15am - Group Active (3) 9:30am - Group Ride (1) 9:45am - Zone Training (4) 10:15am - Group Core (2) 10:30am - Aerobics (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	8:15am - Group Ride (1) 8:15am - Zumba (3) 8:15am - Group Blast (2) 9:30am - Group Power (3) 10:00am - Chair Yoga (2) 10:45am - Group Active (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2) 11:00am - Zone Training (4)	8:00am - Group Groove (3) 8:00am - R30 (1) 8:30am - Zone Training (4) 9:00am - Pilates (2) 9:15am - Group Active (3) 9:30am - Group Ride (1) 9:45am - Zone Training (4) 10:15am - Group Core (2) 10:30am - Aerobics (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	8:15am - Group Ride (1) 8:15am - Group Blast (2) 9:30am - Group Groove (3) 10:45am - Group Active (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	
12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Sit & Be Fit (2) 1:20pm - R30 (1)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Just Balance (2)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Sit & Be Fit (2) 1:20pm - R30 (1)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Just Balance (2)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Sit & Be Fit (2) 1:20pm - R30 (1)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Just Balance (2) 2:00pm - Chair Yoga (2)	
2:00pm - Yoga (2) 2:00pm - Healthy Lifestyle (3) 3:00pm - Sit & Be Fit (2) 3:15pm - Group Ride (1) 4:00pm - Zumba (3) 5:30pm - Group Centergy (2) 6:15pm - R30 (1)	2:00pm - Yoga (2) 2:30pm - Group Active (3) 5:30pm - Group Power (3) 6:45pm - Yoga (2)	2:00pm - Yoga (2) 2:00pm - Healthy Lifestyle (3) 3:00pm - Sit & Be Fit (2) 3:15pm - Group Ride (1) 4:00pm - Group Groove (3) 6:15pm - R30 (1)	2:00pm - Yoga (2) 2:30pm - Group Active (3) 5:30pm - Group Power (3) 6:45pm - Yoga (2)	2:00pm - Healthy Lifestyle (3) 3:00pm - Sit & Be Fit (2) 3:15pm - Group Ride (1)		
						10:30am - Zone Training (4) 11:00am - Group Fight (3)
						12:15pm - Yoga (2) 1:30pm - Group Core (2) 2:15pm - Yoga (2)

**CLASS LOCATION KEY**  
Group Exercise Studio #1 - First Floor Cycling Studio (1)  
Group Exercise Studio #2 - First Floor Studio (2)  
Group Exercise Studio #3 - Third Floor Studio (3)  
Zone Training - First Floor Functional Training Space (4)

---

Regular Classes = 55 minutes • Group Core & R30 = 30 mins  
Please visit [MVPSportsClubs.com](http://MVPSportsClubs.com) for exact class end times!