

## CLASS DESCRIPTIONS

### GROUP ACTIVE

Group Active is an innovative 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 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 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 FIGHT

Group Fight® is a gripping workout 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 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 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

This 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

R30 will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. **EVERYONE FINISHES FIRST!**

### TRAINING FOR WARRIORS (TFW)

TFW is designed to develop muscular strength and mental fortitude. This holistic approach includes proper warm-up, strength, endurance, flexibility and speed training and is taught by a certified TFW coach. Hurricane days are made up of intense metabolic training while Strength days focus on fundamental strength training.

### 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 an 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.

MARCH 25 - JUNE 9, 2019



# GROUP FITNESS SCHEDULE

## HOURS OF OPERATION:

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

FRIDAY 5:30a-7:00p

SATURDAY 6:00a-6:00p

SUNDAY 8:00a-6:00p



**BROWNWOOD PADDOCK SQUARE**

3584 Kiessel Road | The Villages, FL 32163 | 352-674-7000

| MONDAY                                                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                             | FRIDAY                                                                                                                                                           | SATURDAY                                                                                                                                                                                                                                                                                                                               | SUNDAY                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:45am - Group Power (2)<br>6:15am - Zone Training (4)                                                                                                                                                                                                              | 5:45am - R30 (1)<br>6:20am - Group Core (2)                                                                                                                                                                          | 5:45am - Group Power (2)<br>7:30am - Zone Training (4)                                                                                                                                                              | 5:45am - R30 (1)<br>6:20am - Group Core (2)                                                                                                                                                                          | 5:45am - Group Power (2)<br>7:30am - Zone Training (4)                                                                                                           |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                    |
| 6:30am - Yoga (3)<br>7:30am - Zone Training (4)<br>7:30am - Group Active (2)<br>7:45am - Group Ride (1)<br>7:45am - Group Centergy (3)                                                                                                                              | 7:30am - TFW Hurricane (4)<br>7:45am - Group Blast (2)<br>7:45am - Yoga (3)<br>7:45am - Group Ride (1)                                                                                                               | 7:30am - Group Active (2)<br>7:45am - Group Ride (1)<br>7:45am - Group Centergy (3)                                                                                                                                 | 7:30am - TFW Hurricane (4)<br>7:45am - Group Blast (2)<br>7:45am - Yoga (3)<br>7:45am - Group Ride (1)                                                                                                               | 7:30am - Group Active (2)<br>7:45am - Group Ride (1)<br>7:45am - Group Centergy (3)                                                                              |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                    |
| 8:45am - Group Active (2)<br>9:00am - Group Ride (1)<br>9:00am - Yoga (3)<br>10:00am - Group Power (2)<br>10:15am - Zumba (3)<br>10:15am - R30 (1)<br>10:30am - Healthy Lifestyle (4)                                                                               | 9:00am - Group Ride (1)<br>9:00am - Group Power (2)<br>9:00am - Pilates (3)<br>9:15am - Healthy Lifestyle (4)<br>10:15am - R30 (1)<br>10:15am - Group Fight (2)<br>10:15am - Yoga (3)<br>10:30am - Zone Training (4) | 8:45am - Group Active (2)<br>9:00am - Group Ride (1)<br>9:00am - TFW Hurricane (4)<br>9:00am - Yoga (3)<br>10:00am - Group Power (2)<br>10:15am - R30 (1)<br>10:15am - Zumba (3)<br>10:30am - Healthy Lifestyle (4) | 9:00am - Group Ride (1)<br>9:00am - Group Power (2)<br>9:00am - Pilates (3)<br>9:15am - Healthy Lifestyle (4)<br>10:15am - R30 (1)<br>10:15am - Group Fight (2)<br>10:15am - Yoga (3)<br>10:30am - Zone Training (4) | 8:45am - Group Active (2)<br>9:00am - Group Ride (1)<br>9:00am - Yoga (3)<br>10:00am - Group Power (2)<br>10:15am - Zumba (3)<br>10:30am - Healthy Lifestyle (4) | 8:00am - Healthy Lifestyle (4)<br>8:00am - Yoga (3)<br>9:00am - Group Ride (1)<br>9:00am - Group Power (2)<br>9:15am - Zone Training (4)<br>9:15am - Zumba (3)<br>10:15am - R30 (1)<br>10:15am - Group Fight (2)<br>10:30am - TFW Hurricane (4)<br>10:30am - Yoga (3)<br>11:30am - Group Active (2)<br>11:45am - Healthy Lifestyle (4) | 8:45am - Yoga (3)<br>9:00am - Group Blast (2)<br>10:00am - Yoga (3)<br>10:15am - Group Power (2)<br>10:45am - R30 (1)<br>11:30am - Group Centergy (3)<br>11:30am - Group Core (2)<br>12:15pm - R30 (1)<br>12:15pm - Zumba (2)<br>1:15pm - Yoga (3) |
| 11:15am - Group Core (2)<br>11:30am - Just Balance (3)<br>11:45am - TFW Hurricane (1)<br>12:00pm - R30 (1)<br>12:15pm - Group Blast (2)<br>12:30pm - Pilates (3)<br>1:35pm - Group Centergy (3)<br>2:00pm - Healthy Lifestyle (4)<br>3:15pm - Healthy Lifestyle (4) | 11:30am - Group Active (2)<br>11:30am - Zumba (3)<br>12:40pm - R30 (1)<br>12:45pm - Yoga (3)<br>2:00pm - Just Balance (3)                                                                                            | 11:15am - Group Core (2)<br>11:30am - Just Balance (3)<br>12:00pm - R30 (1)<br>12:30pm - Pilates (3)<br>1:35pm - Yoga (3)<br>2:00pm - Healthy Lifestyle (4)<br>3:15pm - Healthy Lifestyle (4)                       | 11:30am - Group Active (2)<br>11:30am - Zumba (3)<br>12:40pm - R30 (1)<br>12:45pm - Yoga (3)<br>2:00pm - Just Balance (3)                                                                                            | 11:15am - Group Core (2)<br>11:30am - Just Balance (3)<br>12:00pm - R30 (1)<br>1:00pm - Yoga (3)<br>2:00pm - Healthy Lifestyle (4)                               |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                    |
| 5:30pm - R30 (1)<br>5:45pm - Group Power (2)<br>6:05pm - Yoga (3)                                                                                                                                                                                                   | 5:30pm - Group Core (2)<br>5:45pm - Group Centergy (3)<br>6:05pm - R30 (1)                                                                                                                                           | 5:30pm - R30 (1)<br>5:45pm - Group Power (2)                                                                                                                                                                        | 5:30pm - Group Core (2)<br>6:05pm - R30 (1)                                                                                                                                                                          |                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                    |

**Class Location Key**  
Group Exercise Studio #1 - Cycling Studio (1)  
Group Exercise Studio #2 - Studio (2)  
Group Exercise Studio #3 - Mind/Body Studio (3)  
Group Exercise Studio #4 - Turf (4)

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