

Class Descriptions

Aqua Fit

This class incorporates resistive training with aqua dumbbells, wave webs, etc., focused on muscular strength and toning.

Back Splash

Class designed for the individual with a history of back pain or recent injury. It covers stabilization, flexibility, strengthening, and conditioning.

Boot Camp

Just like basic training for new recruits, this class is designed to put you through a rigorous workout consisting of athletic drills, strength training, and cardio exercises. Get ready to SWEAT!

Cardio Blast

An intense cardio workout that involves cardio movements and exercises ending with abs!

CT4Kids (Cardio Tennis for Kids)

This FUN cardio-based class is centered on active tennis drills where kids will hit tons of balls in creative drill formats to the beat of fun and upbeat music. Ages 7-11

Deep Water Fitness

This non-impact exercise class is geared for all individuals wanting a challenging aquatic workout. Designed for new and expectant mothers and individuals with orthopedic, back, and arthritic conditions.

Free Swing

This introductory group tennis class offers an alternative way to exercise. Expand your horizons and workout in a whole new way. This class involves basic techniques for adults combined with fast paced drills. Enjoy the camaraderie tennis has to offer in this introduction to tennis class.

G-Force

An extended version of our cycling program for the experienced studio cyclist, this class will send you cycling into a new plateau of fitness, challenging your cardiovascular system.

Group Active

Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors.

Group Centergy

Grow longer and stronger as you explore this journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile.

Group Core

Train like an athlete in 30-action packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, prevent back pain and give you ripped abs! Motivating instructors and music will coach you through functional and integrated exercises using your body weight, a weight plate, a towel and a platform - all to challenge you like never before. REACH YOUR PEAK with Group Core!

Group Groove

Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you get a move on with Group Groove.

Group Kick

This electric fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling!

Group Power

This barbell program strengthens all your major muscles in an inspiring, motivating group environment. For all ages and athletic levels, discover results, discover Group Power!

Group Ride

Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you ride on!

Group Step

Utilizing the step in many positions and heights, this compelling cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience.

Healthy Lifestyle

This class is designed specifically for beginners and Golden members of varied skill levels. It offers a variety of fitness programming to include strength, cardio and flexibility for a well-rounded series of exercises.

NEWtrition

This class compliments group fitness by providing an opportunity for members to bridge the gap between fitness and nutrition. Intended to educate members in a group setting, this class focuses on sound nutrition, metabolism and how in combination with exercise, nutrition can enhance a healthy lifestyle.

Pilates

This class applies 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.

Swim Fit

This fitness swimming class is geared for anyone from a novice swimmer to an expert swimmer who wants a cool and refreshing way to exercise.

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. Experience yoga and better your overall wellness program

Zumba

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



Who's Teaching?

Visit MVPSportsClubs.com to find out!

Hours of Operation:

Monday-Friday: 5:00am-10:00pm

Saturday: 7:00am-8:00pm

Sunday: 8:00am-8:00pm

Together WE Move!

Winter Group Fitness Schedule

January 9-April 8, 2012

Class Location Key:

Group Exercise Studio #1 = (1)

Group Exercise Studio #2 = (2)

Cycling Studio #3 = (3)

Therapy Pool = (TP)

Lap Pool = (LP)

Tennis Courts = (TN)

Basketball Court #2 = (BB)

Back Court Conference Room = (BC)

Regular Classes = 55 minutes

Express Classes = 45 minutes

Group Core, NEWtrition, Cardio Blast = 30 minutes

Please visit MVPSportsClubs.com for exact class end times!



Get Fit. Have Fun!



Get Fit. Have Fun!

MONDAY

5:30am - Group Core (2)
6:05am - Group Power (2)
6:05am - Group Ride (3)

8:00am - Healthy Lifestyles (1)
8:30am - Group Core (2)
9:00am - Healthy Lifestyles (1)
9:00am - Aqua Fit (LP)
9:05am - Group Power (2)
9:05am - Group Ride (3)
10:05am - Group Centergy (1)
10:05am - Group Kick (2)
11:00am - Back Splash (TP)
11:05am - Cardio Blast (2)
11:35am - Group Core (2)

12:00pm - Aqua Fit (LP)
12:15pm - Group Power (2)
12:15pm - Group Ride (3)

4:30pm - Group Power (2)
5:00pm - Cardio Blast (1)
5:35pm - Yoga (1)
5:35pm - Group Core (2)
5:40pm - Group Ride (3)
6:15pm - Group Power (2)
6:40pm - Pilates (1)
7:30pm - Group Groove (2)

TUESDAY

5:30am - Group Core (2)
6:05am - Boot Camp (BB)
6:05am - Group Ride (3)

8:00am - Healthy Lifestyles (1)
8:00am - Group Active (2)
8:00am - Back Splash (TP)
9:00am - Aqua Fit (LP)
9:00am - Pilates (1)
9:05am - Group Kick (2)
9:05am - Group Ride (3)
10:00am - Deep Water Fit (LP)
10:05am - Group Centergy (1)
10:05am - Group Power (2)
11:00am - Back Splash (TP)
11:00am - Free Swing (TN)
11:10am - Group Step (2)

12:00pm - Yoga (1)
12:15pm - Group Ride (3)
1:00pm - Group Active (2)

4:30pm - Group Step (2)
5:35pm - Pilates (1)
5:35pm - Group Power (2)
6:00pm - Boot Camp (BB)
6:30pm - Group Ride (3)
6:40pm - Yoga (1)
6:40pm - Group Kick (2)
7:45pm - Zumba (2)

WEDNESDAY

5:45am - G Force (3)
6:00am - Group Power (2)

8:00am - Healthy Lifestyles (1)
8:30am - Group Core (2)
9:00am - Healthy Lifestyles (1)
9:00am - Aqua Fit (LP)
9:05am - Group Ride (3)
9:05am - Group Power (2)
10:05am - Pilates (1)
10:05am - Boot Camp (BB)
11:00am - Back Splash (TP)
11:10am - Yoga (2)

12:00pm - Aqua Fit (LP)
12:15pm - Group Power (2)
12:15pm - Group Ride (3)

4:30pm - Group Power (2)
5:00pm - Cardio Blast (1)
5:35pm - Yoga (1)
5:35pm - Group Core (2)
5:40pm - Group Ride (3)
6:15pm - Group Power (2)
6:30pm - NEWtrition (BC)
6:40pm - Pilates (1)
7:30pm - Group Groove (2)

THURSDAY

5:30am - Group Core (2)
6:05am - Boot Camp (BB)
6:05am - Group Ride (3)

8:00am - Healthy Lifestyles (1)
8:00am - Back Splash (TP)
8:30am - Group Core (2)
9:00am - Pilates (1)
9:00am - G Force (3)
9:00am - Deep Water Fit (LP)
9:05am - Group Kick (2)
10:00am - Swim Fit (LP)
10:05am - Group Centergy (1)
10:05am - Group Power (2)
11:00am - Back Splash (TP)

12:00pm - Yoga (1)
12:15pm - Group Ride (3)
1:00pm - Group Active (2)

4:30pm - Group Step (2)
5:35pm - Group Power (2)
6:00pm - Group Centergy (1)
6:00pm - Boot Camp (BB)
6:30pm - Group Ride (3)
6:40pm - Group Kick (2)

FRIDAY

5:30am - Group Core (2)
6:05am - Group Power (2)
6:05am - Group Ride (3)

8:00am - Group Active (2)
9:00am - Healthy Lifestyles (1)
9:00am - Group Ride (3)
9:00am - Aqua Fit (LP)
9:05am - Group Power (2)
10:05am - Yoga (1)
10:05am - Group Kick (2)
11:00am - Back Splash (TP)
11:00am - NEWtrition (BC)
11:05am - Cardio Blast (2)
11:35am - Group Core (2)

12:15pm - Group Power (2)

4:30pm - Group Power (2)
5:35pm - Zumba (2)

Class Location Key
Group Exercise Studio #1 = (1)
Group Exercise Studio #2 = (2)
Cycling Studio #3 = (3)
Therapy Pool = (TP)

SATURDAY

7:15am - Group Core (2)
7:45am - Boot Camp (BB)

8:00am - Group Step (2)
8:00am - Group Ride (3)
9:00am - Pilates (1)
9:05am - Group Power (2)
9:15am - G Force (3)
10:05am - Yoga (1)
10:10am - Group Kick (2)
10:30am - CT4Kids (TN)
11:10am - Yoga (1)
11:15am - Group Groove (2)

SUNDAY

12:00pm - Group Power (2)
1:05pm - Zumba (2)
2:10pm - Group Power (2)

3:00pm - Group Ride (3)
3:30pm - Group Kick (2)
4:00pm - Group Centergy (1)
4:30pm - Group Core (2)
5:00pm - Boot Camp (BB)

Lap Pool = (LP)
Tennis Courts = (TN)
Basketball Court #2 = (BB)
Back Court Conference Room = (BC)

Regular Classes = 55 minutes / Express Classes = 45 minutes / Group Core, NEWtrition, Cardio Blast = 30 minutes
Please visit MVPSportsClubs.com for exact class end times!