

Class Descriptions

January 9-April 8, 2012

Adult Total Conditioning

It's time to be challenged! This program is designed for individuals to get into peak shape by training hard to maximize results. Utilizing medicine balls, resistance bands, agility ladders, plyometrics, speed and agility drills and more for functional training, this program offers you the ultimate workout!

Aqua Fit

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

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

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

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.

Kid Fit

Kid Fit is designed to get youth of varying fitness levels and abilities to be active and enjoy exercise. Participants will learn the fundamentals of fitness and athletic movement through fun exercises and activities. Ages 7-11

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

The fitness swim 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

Combines high energy and motivating music with unique moves and combinations that 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: 10:00am-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)

Group Exercise Studio #3 = (3)

Aquatics = (AQ)

Tennis Court = (TN)

Sports Performance Turf = (SP)

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!



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Who's Teaching? Go to MVPSportsClubs.com

650 S Waverly Road / Holland, MI 49423 / 616-594-7000

MONDAY

5:30am - G Force (2)
5:30am - Group Step (1)
6:30am - Pilates (3)

8:30am - Pilates (3)
8:30am - Group Centergy (1)
9:30am - Group Ride (2)
9:30am - Aqua Fit (AQ)
9:35am - Group Power (1)
9:35am - Healthy Lifestyles (3)

11:30am - Group Core (SP)
11:45am - Group Kick (1)
12:00pm - Group Ride Exp (2)
12:00pm - Total Conditioning (SP)

4:20pm - Group Active (1)
5:30pm - Group Centergy (1)
5:30pm - Group Groove (3)
5:45pm - Group Ride (2)
6:35pm - Group Power (1)
6:35pm - NEWtrition (3)

TUESDAY

5:30am - Group Power (1)
5:30am - Total Conditioning (SP)
6:30am - Swim Fit (AQ)

8:30am - Group Active (1)
8:55am - Group Core (SP)
9:30am - Group Ride (2)
9:35am - Group Kick (1)
9:35am - Group Step (3)
10:40am - Group Centergy (1)

11:45am - Group Power (1)
12:00pm - Group Ride Exp (2)

4:20pm - Group Centergy (1)
4:20pm - Group Ride (2)
5:30pm - Zumba (1)
5:30pm - Aqua Fit (AQ)
5:30pm - Kid Fit (SP)
6:30pm - Group Ride (2)
6:35pm - Group Kick (1)
7:40pm - Group Core (SP)

WEDNESDAY

5:30am - G Force (2)
6:00am - Group Core (SP)
6:30am - Group Centergy (1)

8:30am - Pilates (3)
8:45am - Cardio Blast (1)
9:30am - Aqua Fit (AQ)
9:30am - Total Conditioning (SP)
9:35am - Group Power (1)
9:35am - Group Groove (3)

11:30am - Group Core (SP)
11:45am - Group Step (1)
12:00pm - Group Ride Exp (2)
12:00pm - Total Conditioning (SP)

4:20pm - Group Active (1)
5:30pm - Group Power (1)
5:45pm - Group Ride (2)
6:30pm - Total Conditioning (SP)
6:35pm - Yoga (1)

THURSDAY

5:30am - Group Power (1)
5:30am - Total Conditioning (SP)

8:30am - Group Active (1)
8:55am - Group Core (SP)
9:30am - Group Ride (2)
9:35am - Group Kick (1)
9:35am - Group Step (3)
10:40am - Group Centergy (1)

11:00am - Free Swing (TN)
11:45am - Group Power (1)
12:00pm - Group Ride Exp (2)

4:20pm - Group Power (1)
5:30pm - Group Step (1)
5:30pm - Aqua Fit (AQ)
5:30pm - Kid Fit (SP)
6:30pm - Group Ride (2)
6:40pm - Zumba (1)
7:40pm - Group Core (SP)

FRIDAY

5:30am - Group Kick (1)
5:30am - Group Ride (2)

8:30am - Pilates (3)
8:30am - Boot Camp (1)
9:30am - Group Ride (2)
9:30am - Total Conditioning (SP)
9:30am - Aqua Fit (AQ)
9:35am - Group Power (1)
9:35am - Healthy Lifestyles (3)
10:40am - Group Step (1)
10:40am - NEWtrition (3)

11:45am - Group Centergy (1)
12:00pm - Group Ride Exp (2)

4:15pm - CT4Kids (TN)
4:20pm - Group Active (1)
5:30pm - Yoga (1)

SATURDAY

7:50am - Group Core (SP)
8:00am - G Force (2)
8:30am - Group Power (1)
8:30am - Pilates (3)
8:30am - Total Conditioning (SP)
9:30am - Group Ride (2)
9:30am - Kid Fit (SP)
9:30am - Aqua Fit (AQ)
9:35am - Group Kick (1)
10:40am - Group Centergy (1)

SUNDAY

3:00pm - Group Power (1)
3:00pm - Group Ride (2)
4:10pm - Group Centergy (1)
4:10pm - Aqua Fit (AQ)

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