



# Class Descriptions

## Aerobics

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

## 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!

## Chair Yoga

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

## 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. Get more out of life, Get Active!

## 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. Redefine yourself!

## 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 with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness 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 of varied skill levels, this class offers a variety of fitness programming to include strength, cardio and flexibility for a well-rounded series of exercises.

## 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.

## 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.

## Zumba

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

## Introductory Sessions

These sessions introduce members to the select Group Exercise class. The session will be instructional on how to set up equipment as well as proper movements and techniques used in the class.

## Who's Teaching?

Visit [MVPSportsClubs.com](http://MVPSportsClubs.com) to find out!

## Hours of Operation:

Monday-Thursday: 5:30am-8:00pm

Friday: 5:30am-6:00pm

Saturday: 6:00am-5:00pm

Sunday: 10:00am-5:00pm

# Together WE Move!

## Winter Group Fitness Schedule

January 9-April 8, 2012

## Class Location Key

Group Exercise Studio #1 - First Floor Studio (1)

Group Exercise Studio #2 - First Floor Studio (2)

Group Exercise Studio #3 - Third Floor Studio (3)

Group Exercise Studio #4 - Third Floor Cycling Studio (4)

Regular Classes = 55 minutes

Group Core / Intro Classes = 30 minutes

Please visit [MVPSportsClubs.com](http://MVPSportsClubs.com) for exact class end times!



Get Fit. Have Fun!

## MONDAY

5:45am - Group Power (2)  
6:45am - Group Ride (4)  
7:00am - Boot Camp (2)  
7:00am - Group Core (3)  
7:45am - Zumba (3)

8:00am - Group Groove (2)  
8:15am - Group Centergy (1)  
8:15am - Group Ride (4)  
8:45am - Group Active (3)  
9:15am - Group Active (2)  
9:30am - Group Ride (4)  
9:30am - Pilates (1)  
10:00am - Group Core (3)  
10:30am - Aerobics (2)  
10:30am - Intro to Ride (4)

11:00am - Sit & Be Fit (3)  
12:00pm - Yoga (1)  
12:00pm - Group Power (2)  
1:00pm - Sit & Be Fit (3)  
1:15pm - Group Kick (2)

2:00pm - Yoga (1)  
2:00pm - Healthy Lifestyle (3)  
3:00pm - Yoga (1)  
3:00pm - Group Groove (2)  
3:00pm - Sit & Be Fit (3)  
3:15pm - Group Ride (4)  
4:00pm - Zumba (3)

5:45pm - Group Core (2)  
6:00pm - Group Centergy (1)  
6:30pm - Group Ride (4)  
6:45pm - Group Groove (2)

## TUESDAY

5:45am - Group Ride (4)  
5:45am - Group Groove (2)  
7:00am - Group Ride (4)  
7:00am - Group Active (2)

8:00am - Yoga (1)  
8:15am - Group Ride (4)  
8:15am - Group Step (2)  
9:15am - Zumba (3)  
9:30am - Pilates (1)  
9:30am - Group Power (2)  
9:30am - Group Ride (4)  
10:45am - Group Active (2)  
10:45am - Group Ride (4)

11:00am - Sit & Be Fit (3)  
12:00pm - Yoga (1)  
12:00pm - Group Power (2)  
12:15pm - Group Core (3)  
1:00pm - Just Balance (3)

2:00pm - Yoga (1)  
2:00pm - Group Ride (4)  
3:00pm - Chair Yoga (3)  
3:15pm - Group Core (2)  
4:00pm - Zumba (3)

5:30pm - Group Power (2)  
5:45pm - Group Ride (4)  
6:45pm - Group Kick (2)  
7:00pm - Yoga (1)

## WEDNESDAY

5:45am - Group Power (2)  
6:45am - Group Ride (4)  
7:00am - Boot Camp (2)  
7:00am - Group Core (3)  
7:45am - Zumba (3)

8:00am - Group Groove (2)  
8:15am - Group Centergy (1)  
8:15am - Group Ride (4)  
8:45am - Group Active (3)  
9:15am - Group Active (2)  
9:30am - Group Ride (4)  
9:30am - Pilates (1)  
10:00am - Group Core (3)  
10:30am - Aerobics (2)  
10:30am - Intro to Ride (4)

11:00am - Sit & Be Fit (3)  
12:00pm - Yoga (1)  
12:00pm - Group Power (2)  
1:00pm - Sit & Be Fit (3)  
1:15pm - Group Kick (2)

2:00pm - Yoga (1)  
2:00pm - Healthy Lifestyle (3)  
3:00pm - Yoga (1)  
3:00pm - Group Groove (2)  
3:00pm - Sit & Be Fit (3)  
3:15pm - Group Ride (4)  
4:00pm - Zumba (3)

5:45pm - Group Core (2)  
6:00pm - Group Centergy (1)  
6:30pm - Group Ride (4)  
6:45pm - Group Groove (2)

## THURSDAY

5:45am - Group Ride (4)  
5:45am - Group Kick (2)  
7:00am - Group Ride (4)  
7:00am - Group Active (2)

8:00am - Yoga (1)  
8:15am - Group Ride (4)  
8:15am - Group Step (2)  
9:15am - Zumba (3)  
9:30am - Pilates (1)  
9:30am - Group Power (2)  
9:30am - Group Ride (4)  
10:45am - Group Active (2)  
10:45am - Group Ride (4)

11:00am - Sit & Be Fit (3)  
12:00pm - Yoga (1)  
12:00pm - Group Power (2)  
12:15pm - Group Core (3)  
1:00pm - Just Balance (3)

2:00pm - Yoga (1)  
2:00pm - Group Ride (4)  
3:00pm - Chair Yoga (3)  
3:15pm - Group Core (2)  
4:00pm - Zumba (3)

5:30pm - Group Power (2)  
5:45pm - Group Ride (4)  
6:45pm - Group Kick (2)  
7:00pm - Yoga (1)

## FRIDAY

5:45am - Group Power (2)  
6:45am - Group Ride (4)  
7:00am - Boot Camp (2)  
7:00am - Group Core (3)  
7:45am - Zumba (3)

8:00am - Group Groove (2)  
8:15am - Group Ride (4)  
8:15am - Group Centergy (1)  
8:45am - Group Active (3)  
9:15am - Group Active (2)  
9:30am - Group Ride (4)  
10:00am - Group Core (3)  
10:30am - Aerobics (2)

11:00am - Sit & Be Fit (3)  
12:00pm - Yoga (1)  
12:00pm - Group Power (2)  
1:00pm - Sit & Be Fit (3)

2:00pm - Healthy Lifestyle (3)  
3:00pm - Group Groove (2)  
3:00pm - Sit & Be Fit (3)  
3:15pm - Group Ride (4)

## SATURDAY

8:15am - Group Ride (4)  
8:15am - Group Step (2)  
9:30am - Group Ride (4)  
9:30am - Group Groove (2)  
10:30am - Group Centergy (1)  
10:30am - Aerobics (3)  
10:45am - Group Active (2)

12:00pm - Yoga (1)  
12:00pm - Group Power (2)

### Class Location Key

**Group Exercise Studio #1 - First Floor Studio (1)**  
**Group Exercise Studio #2 - First Floor Studio (2)**  
**Group Exercise Studio #3 - Third Floor Studio (3)**  
**Group Exercise Studio #4 - Third Floor Cycling Studio (4)**

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## SUNDAY

11:00am - Group Kick (2)