

GROUP FITNESS TRAINING PROGRAMS

Program Descriptions

20 MINUTE ABS This class has one main focus: your core! Spend 20 solid minutes building your core muscles. Although the class time is short, it is focused and it will not disappoint! 20 minutes **General Class / Membership Included**

AGE FIT This is a low impact class that is perfect for those who are starting their fitness journey or are limited in what they are able to do. It focuses on strength and stretching. 45 minutes **AGE FIT DANCE** version offered on Fridays! Dance your way into fitness! **General Class / Membership Included**

BASIC BARRE Basic Barre is a fusion of Ballet barre, Pilates, and strength methods with focus on core & leg strength with hardcore glute work, as well as some upper body toning. This class will consist of small, concise movements to assist in developing lean muscle mass. This beginner class is form-focused with in-depth setup so that you can discover the tremendous mental connection to your body. This upbeat, fun workout is just what you need to energize your day! All levels welcome. 30 minutes. **Specialty Program**

BODY TRIM - Follow your instructor in a challenging full-body group resistance program. Body Trim is a high-intensity strength training and toning class that utilizes dumbbells, kettle bells, body weight, and steps to isolate and tone all the major muscle groups. This class includes core work as well as short aerobic bursts to maximize fat burn. **Specialty Program**

BOOT CAMP - Lace up your gym shoes & get ready to get FIT! This program is designed to challenge your mind, and your body. Be prepared to endure sweat, tears, & the elements (we train in all weather). Boot Camp caters to all fitness levels from the beginner through advanced. Be motivated, not intimidated! 45 minutes **Specialty Program**

BUTTS & GUTS Butts & Guts works...well...your butt & gut. Join Meghan for a quick 1/2 hr targeting those troublesome areas! 30 min. **General Class / Membership Included**

CROSS CONDITIONING This program is a strength & conditioning class which uses highly varied, random functional movements performed at a high level of intensity. This class uses traditional & non-traditional tools, as well as fun & challenging workouts. No two classes are the same! 45 minutes **Specialty Program**

EARLY MORNING WEIGHTS It's time is to put some weights in your hands during a circuit training style workout! This class will focus on upper body, lower body and core. This training style uses low weight with high repetitions causing you to build strong, lean, endurance muscles. 45 minutes **Specialty Program**

FIT-N-FAB This class is a low impact steady workout. It focuses on stretching and strength, perfect for those who are recovering from an injury, just beginning their fitness journey or individuals who are limited in what they are permitted to do. 45 minutes **General Class / Membership Included**

FREWEIGHT WEDNESDAY & FRIDAY CLASSES This program is a free weight strength training class that uses barbells and dumbbells to bring weight training into the group fitness room. This program utilizes traditional upper, lower, core and a little power lifting to give you TOTAL strength! 30-40 minutes **Specialty Program**

INDOOR CYCLING Commonly known as SPINNING, this is FIT-to-GO's most popular class! The Indoor Cycling class uses stationary cycling bikes to give you an amazing workout. Low-impact & designed for ALL fitness levels from first time attendance to extremely advanced, this class is an amazing fat burning cardio workout and is sure to burn the most calories! A full water bottle and towel are required. 45 minutes **Specialty Program**

LUNCHTIME CRUNCHTIME Lunchtime Crunch time is a great way to get in a total body workout in just a quick 30 min. This class will utilize all equipment, free weights, & YOUR body for its exercises. Make the best of your lunch break by joining us to re-energize yourself for the rest of your day! 30 minutes **General Class / Membership Included**

MACHINE STRENGTH (Bonus) Take this program free when you take the 5:15a FTG Cycling. (Drop-in rate is \$5) Blast through 30 minutes of total-body strength exercises, including strength machines on the weight floor. Not only will this class tone your body, but also educate and equip your knowledge in various uses of the machines at FTG! 30 minutes

MINI STRETCH & FLEX This class is icing on the cake after a good workout! Join Sheila for a quick 15 minutes of deep hip and thigh stretches, along with other common troublesome areas. This program will use straps to help increase range of motion and take you deeper into various stretch poses. **General Class / Membership Included**

PILATES Created by Joseph H. Pilates, Pilates focuses on the "powerhouse" of the body. This program builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. No matter what your age or condition, it will work for you. This therapeutic class improves core strength, flexibility, agility and economy of motion. Pilates can help alleviate back pain & other chronic ailments. 30 minutes **General Class / Membership Included**

POWER HOUR Start your power-hour off on the Indoor Cycles to hit 30 minutes of fun cardio! The last 30 minutes will be strength focused. Utilizing both dumbbells and body weight exercises, you will be guided through a total body strength program, including core! 60 minutes **Specialty Program**

SCULPT 101 Burn the belly fat, tighten your core, tone up arms, thighs, and your bottom using hand weights, body weight, kettlebells and resistance bands for an all over body re-shape. Sculpt 101 will have you in and out of the gym leaving no muscle group untouched! 30 minutes **General Class / Membership Included**

TRX The TRX program is a total body resistance training method utilizing TRX straps as well as other exercise methods. Build muscle and support a healthy body with basic exercises that each individual can scale to make them as challenging as they choose. Every exercise builds true functional strength and improves flexibility, balance and core stability all at once. With TRX, your body become the machine. 45 minutes **Specialty Program**

YOGA FLOW This Hatha/Vinyasa style class is focused on encouraging body awareness through mind, body, & breath connection. Each class will begin with a warm-up phase of deep breathing techniques and gentle movements. It will be followed by strength, flexibility and endurance building standing poses to create total body and core toning. The final phase of this program will include floor poses utilizing gentle twists, bends, and stretches to build strength, enhance flexibility, and provide relaxation. This class is beginner friendly and open to all levels. 45 minutes **Specialty Program**

Fitness Program Rates

Class Type	Membership Discount Rates				
	Drop-In	5 Session Punch Card	10 Session Punch Card	5 Session Punch Card	10 Session Punch Card
General Classes	\$5	\$23	\$45	Included	Included
Specialty Classes	\$7	\$33	\$65	\$30	\$59
Unlimited Monthly Classes			\$69		

Classes/Times don't fit what you would need or are you wanting something tailored towards your specific goals?

Ask about **Personal Training** and **Small Group Personal Training**