

Specialty Classes and Group Cycling

TRX SUSPENSION TRAINING: "Total Resistance Exercise"

TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercises. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, core strength, and prevent injuries, all at the intensity you choose. TRX delivers results with dynamic total body exercises for both men and women. No matter what your fitness goals are, join us for a TRX workout today and we promise you'll be back for more!



KETTLEBELLS: Kettlebells will help kick *all* your fitness goals into high gear! Functional, compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure.



GROUP CYCLING: THE BEST WORKOUT YOU CAN GET ON A BIKE THAT GOES NOWHERE! (See group cycle brochure for class details and ride types). Fitness World offers the largest Group Cycle schedule in the Triangle!

General Group Cycle Class Etiquette:

- *You must sign up at the front desk prior to class.
- *Bikes and room may only be used during scheduled class times with an instructor present.
- *Please do not enter the class any later than 10 minutes after it has started.
- *Class participants should come prepared with a workout towel and plenty of water.
- *Bike cleaning towels may not be used as a personal towel.
- *Children under 12 are not allowed in the cycling room.
- *After each class, bikes, seats and bars should be wiped down with antiseptic spray and towels provided.
- *Please raise seat and bars to the R/7 position at the end of class.
- *If you have never attended a cycling class before, we strongly encourage you to attend the "Introduction to Group Cycling" class before attending regular cycling classes.
- *Instructor/class changes may occur throughout the month without notice when necessary (instructor illness, inclement weather, etc). Please the online schedule for the most up-to-date information.

General Aerobic Class Etiquette:

- *Please do not enter the class any later than 10 minutes after it has started.
- *Please notify the instructor if you have any injuries or health concerns which might impact your ability to participate.
- *Please always be aware of other participants around you.
- *Please wear appropriate footwear for the class to insure your safety.
- *No chewing gum is permitted during class.
- *Please limit side conversations during class, as it is disruptive to other participants trying to hear the instructor.
- *Please do NOT significantly modify the class format without first checking with the instructor as fitness safety guidelines change frequently.
- *Please take care of the fitness equipment and store appropriately after use.
- *Instructor/class changes may occur throughout the month without notice when necessary (instructor illness, inclement weather, etc). Please the online schedule for the most up-to-date information.

Want to learn more...

Group Exercise

Overview & Class Descriptions



919-544-9000

www.fitnessworldnc.com

Cardio

3-2-1: This class consists of timed intervals designed to blast fat and challenge your body! Sets are 3 minutes of Strength, 2 minutes of Cardio, and 1 minute of Abs. Burn, sweat, and repeat for an awesomely challenging workout!



Boxing Blitz: A high-intensity workout involving punching bags as well as interval and circuit training led by Golden Gloves boxing champion, Ben Kirchner.

*Attendees are encouraged to bring their own boxing gloves to maximize their workout! Those without gloves can be shown modifications to go through the movements without impact.

Kick & Tone: This class starts out with high-energy Kickboxing combinations that include non-contact kicks, blocks, and punches. Kick & Tone also includes toning exercises with various strength equipment for an awesome cardio/strength combo workout! Kick, punch, and power your way to a firmer, fitter you!

Rhythm & Relaxation: This class will inspire us to move our bodies with Latin, Brazilian, African, and World Dance while enhancing self-expression and body awareness. Not only will we connect to the music through embodied and exhilarating dancing, but we will also enjoy time for inner exploration and relaxation, inspired by the music and guided movement. This class will leave you feeling centered, expressive, and empowered!

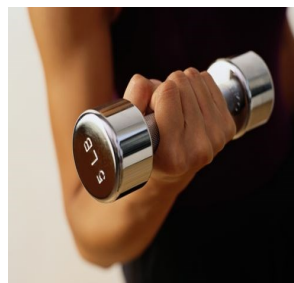
Tabata Cardio Blast: This cardio class is an awesome way to get your heart pumping! Tabatas are a type of interval pattern that are highly efficient at burning fat, where you work as hard or as fast as you can for 20 sec, and then you rest for only 10 sec. You repeat each exercise for 8 rounds, and by the 8th round, you will definitely be sweating! Not only will you burn fat during your rest periods, but also well after your workout is complete!

Triple Threat: This total body workout has a little bit of everything! Challenge yourself with 20 minutes of cardio intervals, followed by 20 min of metabolic resistance training, and ending with 20 min of ab and core work!

Zumba: Ditch the workout, and join the party! Zumba is an exhilarating, effective, and easy-to-follow Dance Fitness celebration! We fuse Latin styles like salsa, meringue, and samba with hip hop, bellydancing, and Bollywood to burn between 530-800 calories per hour! All dancers and two-left-footers are welcome - there is no right or wrong in Zumba, just FUN!

Strength & Conditioning

Ballet Fitness: Work your legs, core, and more! Ballet Fitness is a fantastic toning and flexibility workout that builds long, lean muscles all over. Stabilization exercises focus on toning the hips, glutes, inner and outer thigh, and are great for balance. Core and shoulder work emphasize and improve posture. With upbeat, modern music and "fitness" elements, this class is fun for everyone!



Barre-lates: Enjoy the benefits of Barre and Pilates all wrapped into one class! This challenging, but low-impact, full-body strength workout involves elements of Ballet and Pilates designed to increase muscle definition by building long, lean muscle, while also improving posture, alignment, and core strength. Enjoy quick results by using your own body weight and very light dumbbells, partnered with very high repetitions that will tone, build endurance, and uncover a long, lean physique that feels and looks fit!

Body Chisel: Body Chisel is designed for the motivated fitness enthusiast who is ready to push themselves to reach their goals faster. Body Chisel combines heart-thumping cardio, plyometrics, and circuit weight training that targets all major muscle groups.

Flex & Stretch: A basic level strength and flexibility workout designed to improve strength, muscular/joint flexibility and range of motion. *Designed for mature participants*, but all ages are welcome!

Kettlebell Circuit: Kettlebells will help kick all your fitness goals into high gear! Functional, compound exercises work multiple muscle groups simultaneously. This class is a great mixture of strength, cardio, and endurance. Kettlebell exercises will be rotated with various cardio drills to get your heart pumping!

Muscle Pump: This conditioning class will challenge your entire body! We work every major muscle group by using a variety of equipment. Designed with all levels in mind, this workout builds strength and enhances muscle endurance! Each instructor has their own style, and the varied routines will keep your body guessing!

PiYo: A unique fusion format based on the principles of Pilates and Yoga - but it is not your typical mind/body class! PiYo is a dynamic and high-energy workout that moves quickly, powerfully, and uses full body resistance to create strength from the core out. It focuses on agility, athletic training, cardio, balance, core conditioning, flexibility and more! With upbeat, rockin' music, PiYo is a great way to burn calories, promote weight loss and improve muscle tone!

Mind, Body & Spirit

Yoga: Improve your strength and flexibility with this popular form of mind body exercise. Practice the basic principles of Yoga with a mix of relaxation techniques and focusing on the breath. Come to de-stress, revitalize, and add inner peace. Instructors draw from varying backgrounds to give you a blended style of Yoga disciplines.



Flow Yoga: This is a vigorous yoga class that smoothly links basic and advanced yoga poses together into an intense flow sequence. It is an energetic workout offering challenges for both the beginning and advanced practitioner. Regular class attendance builds strength, flexibility, stamina, spinal alignment, and detoxifies the body, creating a sense of overall well-being. The series of poses takes participants through variations of sun salutations, inversions, and backbends, as well as standing, balancing, and seated poses. We finish with relaxation in shavasana.

Pilates: Based on the works of Joseph Pilates, this class focuses on strengthening core muscles while opening joints and relieving tension. Create and condition strong, elongated muscles to improve posture, strengthen the center, and increase body awareness and flexibility.

Nia: Nia is a sensory-based movement practice that increases health, wellness and fitness. Nia combines elements of Yoga with the spontaneity and grace of jazz and modern dance along with the power and dynamic strength of martial arts. Nia empowers people of all ages, shapes, sizes, and fitness levels by connecting the body, mind, emotions, and spirit. This is a wonderful class for mature participants, or for those that need a lower-impact cardio class.

Rhythm & Relaxation: This class will inspire us to move our bodies with Latin, Brazilian, African, and World Dance while enhancing self-expression and body awareness. Not only will we connect to the music through embodied and exhilarating dancing, but we will also enjoy time for inner exploration and relaxation, inspired by the music and guided movement. This class will leave you feeling centered, expressive, and empowered!

