

Specialty Classes

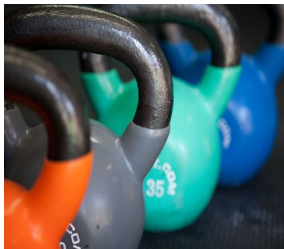
TRX SUSPENSION TRAINING: "Total Resistance Exercise"

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!

*Fitness World now offers an **online sign-up system** for TRX classes where you can **reserve your spot 24 hours in advance!** Please visit www.fitnessworldnc.com and click the "Classes & Bootcamps" tab to sign up today!

*If you realize you cannot make it to class, please cancel your reservation at least 1 hour prior to class beginning so that other members may sign up. If you are not present when class begins, your spot will be opened up for another member.

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 calorie expenditure,



General Group Exercise Class Etiquette:

- *Please do not enter 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.

Group Cycling

THE BEST WORKOUT YOU CAN GET ON A BIKE THAT GOES NOWHERE! Fitness World offers the largest Group Cycle schedule in the Triangle! Offerings Include:

***Motivation Monday and Motivation Wednesday**

***Multilevel HIIT**

***Road Ride-TV's are used for this class**

***30 and 45 minutes Express**

* **Advanced and Introductory classes**



General Group Cycle Class Etiquette:

- *Fitness World offers an **online sign-up system** for Cycling classes where you can **reserve your bike 24 hours in advance!** Please visit www.fitnessworldnc.com and click the "Classes & Bootcamps" tab to sign up today!
- *If you realize you cannot make it to class, please cancel your bike reservation at least 1 hour prior to class beginning so that other members may sign up. If you are not present when class begins, your bike will be opened up for another member.
- *Bikes and room may only be used during scheduled class times with an instructor present.
- *Class participants should come prepared with a workout towel and plenty of water.
- *Please do not enter class any later than 10 minutes after it has started.
- *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.
- *If you have never attended a cycling class before, we strongly encourage you to attend the "Beginner's Cycle" class before attending regular cycling classes.

Register for all classes online

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.

Hard Core: In this class, strength training and high intensity cardiovascular intervals meet to deliver a highly effective and fast-paced full body workout! This class targets the core, but will also get your heart rate up and tone your body head to toe! Exercises will involve free weights, plyometrics, flexibility, and more!

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!

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!

*** Denotes excellent classes for seniors**



Strength & Conditioning

*Balance, Strength and Mobility :

Centered around increasing balance and strength, this class will improve overall health and wellness, through increased mobility of the body. There are many benefits of balance training including improved performance, flexibility, and injury prevention. This class focuses on challenging muscular control through both stationary and mobile movements. This class was designed with the 60+ population in mind; however, is great for anyone looking to improve overall well-being!

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 Strength: This challenging, but low-impact, full-body strength workout involves elements of Ballet and Barre that are 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 various equipment 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.

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!

***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.



Mind, Body & Spirit

***Silver Yoga:** is a gentle and mindful movement. Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.



***Flow Yoga:** This is a vigorous yoga class that smoothly links basic and advanced yoga poses together into an energetic flow sequence. This workout offers 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. Series of poses take participants through variations of sun salutations, inversions, and backbends, as well as standing, balancing, and seated poses. We finish with relaxation in shavasana.

***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.

Power Flow Yoga: Each Power Flow Yoga class is designed to help build strength and flexibility, with a special emphasis on alignment and linking movement with the breath. This flow-style class is suitable for yoga practitioners of all levels and always offers options to modify poses to suit each individual's practice. Power Flow Yoga includes a blissful balance of seated and standing poses, chest openers and inversions. You will leave this class feeling energized, balanced, and renewed!

***Restorative Yoga:** This Yoga class is great for those who need to decompress, recover from injury, illness, or surgery, and is a perfectly suited practice during pregnancy. We use supportive props that individualize your practice and relieve low back, neck, and joint pain. Restorative Yoga promotes deep breathing and spinal health, and may provide relief from headaches, chronic fatigue, and high blood pressure.