

Fort Collins Club Class Descriptions

Barre Fitness - Fusing concepts of ballet, Pilates & conditioning. It begins with a warm up focusing on postural strength & alignment. Light weights tone the arms while the barre is used to sculpt the lower body & abs. The class moves down to the mat for core work & stretching. This ballet inspired routine sculpts the entire body & results in a long, lean physique.

Body Align - Are you coming off a recent injury? Have other methods of exercise been too complicated or simply too much for you? If so, Body Alignment may be for you! This method is a widely acclaimed postural therapy program based on a series of stretches and gentle exercises designed to restore full natural function to muscles and joints. You will learn balanced, integrated movements to improve overall fitness, relieve chronic pain and restore lost function. These exercises will increase your energy levels, maximize your physical and mental capabilities and protect you from accidents and future dysfunction. "Turn back the clock" on your body with this powerful and effective prevention.

BODYATTACK - This is a high energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats. The instructor will pump out energizing tunes & lead you through the workout - challenging your limits in a good way, burning up to 730 calories, and leaving you with a sense of achievement.

BODYCOMBAT - This is a full-body cardio workout that will target every muscle group. This class is great for getting an amazing workout & releasing a great amount of stress at the same time. It also supports coordination, agility & speed unlike many stationary or non-functional workouts.

BodyDefineYoga - Build up your fitness level & strengthen your yoga practice with this quickly paced, power hour, conditioning class. It includes light weight strength training & cardio bursts weaved in with PowerFlow fundamentals. Strong music will move you through the process. This is an intermediate level class & prior yoga experience is encouraged.

BODYFLOW - In this class you'll work your mind & body! It offers an energizing blend of yoga with Tai Chi & Pilates to improve joint flexibility, increase core strength & lower stress. Ideal for anyone & everyone. Bodyflow is great for beginners & yogis alike. Even if you've never done yoga before, the instructor will show you all appropriate options to make the workout work for you.

BODYPUMP - This class is scientifically proven to tone & shape your entire body using its signature Rep Effect formula. The Rep Effect is a low-weight, high rep strategy that aims to improve aerobic fitness, muscular strength & muscular endurance. Instead of traditional heavy lifting designed to build muscle, this class fatigues the muscles with low weights to develop leaner muscles. In a single BodyPump class you can expect to perform 800 to 1,000 reps.

BODYSTEP - This is a higher impact workout that will help you improve bone health & density. The stepping motion will also target your glutes & legs, shaping your rear end. This workout is a calorie torcher, and students can expect to burn up to 620 per hour.

Chair Yoga - A safe, gentle form of yoga is designed for those who have difficulty getting down to the floor. With the aid & support of a chair used for either sitting or standing, you will learn yoga postures & breathing techniques that will increase flexibility, range of motion, core strength & relaxation.

DeepStretchYoga - Dive deep into yin/restorative yoga. This is a cooling, patient class focused on promoting a sense of slow unwinding. Postures will primarily take place on the floor with use of props and be held between 1-10 minutes. Length of time targets the connective tissues (ligaments, tendons and fascia) to release and provide greater range of motion long-term in joints, increased flexibility and increased strength. This class is a chance to bring balance to your mind, body, and spirit. This class is geared toward all levels. No yoga experience necessary.

Forever Fit -

G-Cycle - Designed to challenge the outdoor as well as the studio cycling enthusiast. Uses both rhythmic and athletic drills of various duration and intensity for an excellent workout. First time participants should arrive 10 minutes prior to class for bike fitting.

Gentle Yoga - Light yoga classes designed for releasing tension. Gentle, static poses stretch & open the body while relaxing the mind. Yoga props, like blocks, blankets, bolsters and chairs, may be used to assist balance & deepening stretches.

Group Power - Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight. Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP! Getting Started

Hip Hop - The perfect workout for moving to some of the most current and trendy Hip Hop songs in a fun and freeing dance class. Great moves and rhythms are designed for all skill levels and ages, with no experience required. This is the dance party that you want to be a part of!

Les Mills Tone - The optimal mix of strength, cardio & core training! This workout involves a challenging mix of lunges, squats, cardio & tubing exercises. You will improve your energy levels, flexibility, balance, agility & core strength.

Low Impact - This class focuses on keeping the cardio up without impact. You get a vigorous workout without the stress on your joints.

OptiAlign1 Yoga - Explore the postures of yoga by taking time to breathe within each. Class will be focused on proper form and alignment in each posture. Postures will be held between 5-20 breaths. This class is geared toward participants who are brand new to, newer to or getting back into yoga.

OptiAlign2 Yoga - Build upon you & your body's knowledge of yoga postures in this level 2 class. Intermediate advanced postures may be introduced & basic alignment principles will be expanded for deeper understanding. This class is geared toward participants familiar with yoga and/or wishing to have an intermediate or advanced experience.

OptiAlign2Yoga90 - Build upon you and your body's knowledge of yoga postures in this level 2 class. Intermediate and intermediate-advanced postures may be introduced, and basic alignment principles will be expanded for deeper understanding. This class is geared toward participants familiar with yoga and/or wishing to have an intermediate or advanced experience.

Pil Bas/Inter Mat - Next level Pilates in terms of strength, endurance & flexibility; it is suitable for all students who have experience with Pilates mat. Advance your core training techniques with complex movements that will challenge your core from every possible angle. Resistance props are used to challenge the core.

Pilates Basic Mat - Start here! Class focus is to build a strong foundation in the fundamentals of Pilates. It includes a series of exercises on a mat, emphasizing quality over quantity.

PowerFlow Yoga - Continue to explore the fundamentals of PowerFlow Yoga and build upon them by learning new transitions and beginner-intermediate level postures. Class will link breath to movement providing a rhythmic, upbeat, and athletic pace to class. This class is geared toward all levels of yoga experience.

PowerFlow1Yoga - Explore the movement and postures fundamental to our PowerFlow yoga. Class will link breath to movement providing a rhythmic, upbeat, and athletic pace to class. It is geared toward participants who are brand new to, newer to, or getting back into yoga.

Powerflow2Yoga - Move through intermediate and intermediate-advanced PowerFlow Yoga transitions and postures. Class will link breath to movement providing a rhythmic, upbeat, and athletic pace; and is geared toward participants familiar with yoga and/or wishing to have an intermediate or advanced experience.

Qigong/Tai Chi - This class, intended for any age and practice level, is a method of movement that links the mind to the breath and body in relation to space around you. An exercise as well as an active meditation, these postures will get you moving while teaching how to find your own embodiment of stillness.

RPM - Try this high intensity interval training with RPM, an indoor cycling class. This low impact class will get your blood pumping with fun music set to a series of hill climbs, sprints, and flat riding. You'll improve aerobic fitness and build leg strength and muscular endurance.

SilSneakClass - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support!

Silver Sneakers Cardio Fit - Try a safe and heart healthy cardio class to energize your active lifestyle using low-impact movements that focus specifically on building upper body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit.

SPINNING - Participants will experience a challenging, exhilarating and fun workout with a Spinning certified instructor. This class will help improve all aspects of your fitness, including mental and physical endurance, strength and performance all while exploring different workout intensities. All levels welcome. Water bottles and heart rate monitors are recommended.

SPINNING Exp - The 45 minute version of our ever popular SPINNING class, for those time crunched individuals!

Step - Multi-level step cardio class with cardio/core conditioning intervals.

Studio Reserved - Other activities are occupying the studio at this time.

Studio Reserved - PSD - Studio reserved for Poudre School District.

ViniYoga - Alternates stretching and contracting of the muscles through repetition before the 'stay' in a posture. Viniyoga increases circulation to the joints and muscles used. All movement is slow initiated by lengthened breath. Viniyoga teachers create a well-conceived sequence of postures that benefit and nurture the body by focusing on breath and spinal alignment.

Zumba - This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.