

Salina Class Descriptions

Group Active - This class is perfect whether you are new to exercise or an active individual who is super busy & needs to get it all - cardio, strength, balance and flexibility - in one hour. Get stronger, fitter & healthier with inspiring music, adjustable dumbbells, weight plates, body weight & simple athletic movements. **ACTIVATE YOUR LIFE! Getting Started**

Group Blast - **BLAST OFF** your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding & sweat pouring as you improve your fitness, agility, coordination, & strength with exciting music & group energy. **Getting Started**

Group Centergy - Redefine yourself with Group Centergy. Grow longer & stronger as you explore this 60 minute journey of yoga & Pilates movements. Positive uplifting music, group dynamics & supportive instructors will enable you to center your energy, reduce stress & even smile. **Discover Group Centergy! Getting Started**

Group Core - Trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, & give you ripped abs! Expert coaching & motivating music will guide you through functional & integrated exercises using your body weight, weight plates, a towel & a platform-all to challenge you like never before! **HARD CORE!**

Group Fight - Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT! Getting Started**

Group Groove - This class will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban & Latin dance styles set to the hottest current hits & the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**

Group Power - Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. **POWER UP! Getting Started**

Group Ride - Everyone finishes first in 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 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! **Getting Started**

R-30 - Get fitter in only 30 minutes with R30! It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. Inspiring music and motivating coaches ensure that Everyone Finishes First! **Getting Started**