

Topeka North Class Descriptions

Boot Camp - A high intensity circuit workout focusing primarily on functional movements & interval training. No previous experience required, and all fitness levels are welcome...but get ready to sweat!

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.

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 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

HIIT - High Intensity Interval Training - This advanced class is designed to improve athletic capacity & conditioning, an enhanced form of interval training, combining short bouts of intense anaerobic exercise, followed by periods of active recovery via aerobic/strength segments.

HIIT Express - High Intensity Interval Training doesn't get any more fun than this class! We spend 30 minutes alternating bouts of hard work, through cardio & strength training, & rest to torch those calories & push you to the next level. While challenging, this class can also be modified for all fitness levels.

Ironworks - Work your whole body from head to toe in the low impact/toning class. We will work every major/minor muscle in your body by using hand weights, resistance bands, xertubes and floor exercises, etc.

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

Yoga Flow - Sun salutations that emphasize strength and flexibility are the foundation of this class. A series of poses connect and flow, work the body to the core, while stretching muscles and opening joints. The advanced beginner and intermediate student will enjoy a unique experience with each class.

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.