

Aquacise: Non-impact aerobic using the resistance of the water to strengthen your heart and tone your muscles. Class format will change based on instructor. All levels- 45 minutes

Gentle Aqua: A low impact aquatic exercise program that focuses on balance, posture, coordination and muscle toning. This program is geared for those who are post physical therapy, recovery from injury. 45 minutes

Cardio Interval: Our 50 minutes total body work including Hi-Lo, Step, Kick boxing, and Weights. You will be thoroughly challenged. All levels 50 minutes

Cardio Party: A 50 minute fun-filled dance party. Learn some great moves, experience great music and burn some calories. This class will get your feet moving to the latest tunes of today and some great songs from the past. All levels 50 minutes

Kick boxing: Kicking, boxing moves, jumping rope, and other martial arts style conditioning exercise are combined to develop total body strength and cardiovascular conditioning. Great for men and women. All levels 50 minutes

Cross Training: A 50 minute total body workout including, Hi-Lo, bootcamp and kickboxing. You will be thoroughly challenged. All levels 50 minutes

Chair Yoga: Increase flexibility, improve range of motion and reduce stress. Excellent for seniors and anyone with limitations. All levels 50 minutes

C.S.I. : This 50 minute class is a combination of Cardio, Sculpting, using Interval training. You will Step, Kickbox, use hands weights, and so much more . This class is for all levels

Cycling: A group cycling workout on special stationary bikes. The instructor takes you on a journey set to music which you complete at your level. All levels 50 minutes

Double Play: This class has two great formats! It starts with and energetic step and then you will have some great strength training for the second half. Bring a towel and water because you will melt away the calories. All levels 50 minutes

Group Centergy: Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy. All levels

Group Kick: This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling. Group Kick will knock you out!

Group Power: Your hour of power! This 60 minute barbell program strengthens all your major muscles in a inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls. Group Power is for all ages and fitness levels. Discover results, discover Group Power.

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!

Group Step: Utilizing the step in many positions and heights, this compelling 60 minutes program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step. All levels

Mat Pilates: A full 50 minutes that will help increase your flexibility, as well as improve muscle tone and strength. All levels 50 minutes

Strong Bones: This will educate the participant how to do proper and safe effective exercise . This class encourages strength and flexibility. You will also improve your posture and reduce stress. All levels 50 minutes

Total Body Workout: This is a fun filled 50 minute class using all the equipment such as stability balls, hand weights, bands, steps. This will work your total body and help you achieve your goals. This class is for all levels.

Yoga: A challenging class designed toward increasing body strength and working the cardiovascular system by moving through selected poses in a flowing sequence. Longer holding of certain poses will increase strength. You will use proper alignment, balance, and breath control all levels 50 minutes

Group Fitness Manager	Katie Cirillo	email katie@spa23.com
Group Fitness Director	Ricky Russell	email ricky@spa23.com
Any questions comments please contact.....(973) 839-8823		