

Valley Fitness Group Exercise Class Description

BodySTEP™-An energizing step workout that uses an adjustable step and simple movements on, over and around the step to uplifting music.

BodyPUMP™-Hot sounds and compelling choreography keep you going through this revolutionary barbell workout that strengthens your whole body! This workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls.

BodyCOMBAT™-An energetic program inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, you strike, punch, kick and kata your way through calories to superior cardio fitness!

BodyFLOW™-A Yoga, Tai Chi, and Pilates workout that builds flexibility, strength, and balance through a carefully structured series of stretches and poses in combination with controlled breathing to music which will leave you feeling centered and calm. .

CXWORX-A 30 min personal training style class that provides core & functional strength by targeting all muscle groups from your core.

Zumba™-Zumba is an International Dance inspired easy-to-follow fitness dance class that combines high energy and motivating music with unique dance styles that include the salsa, meringue, samba, and more.

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

Interval Fitness-Circuit training at its best! Different forms of cardio will be interspersed with resistance training.

Kettlebells-A traditional Russian Kettlebell is a cast iron weight that looks like a cannonball with a handle. Kettlebells have an off-center-of-balance which increases the demand on your abs, legs, agility and space perception. This class is an efficient method to simultaneously increase functional strength and cardiovascular fitness to work muscles you never knew you had!

Pilates-Strengthen, lengthen, and tone with this non-impact class. Improve your flexibility, posture, and body alignment via a series of mat exercises.

PowerYOGA- A challenging form of yoga that improves health, performance, and mental acuity through rounds of Sun Salutations and strong standing postures that target and sculpt all major muscle groups.

Step Fusion-High Intensity Interval Training (HIIT) using traditional step equipment/exercises combined with all over body conditioning, using body weight , weights and or resistant tubing exercises.

YOGAFlex-A form of yoga that uses basic fundamentals of yoga to focus on increasing flexibility and relaxation.

Cycle (Cycles are located in cycle room)-An interval type class done on stationary bikes. Workouts will consist of hills, sprints, lifts and climbs through tension adjustments, which means YOU determine how hard you work. Please sign up at the front desk to reserve a spot.**Aqua**-This water-based class is a non-impact series of resistance training and aerobics exercise that use a variety of equipment such as hand and feet flippers, hand buoys, foam noodles, and weights. Aquatic exercise uses the natural buoyancy and resistance of water to provide a safe, full body workout.

PiYO-A high intensity, low impact workout (using body weight exercises), that brings the muscle sculpting of Pilates, the flexibility of Yoga and the calorie burn of cardio, all in one fun,functional movement training session with no weights & no jumps.

TRX-Suspension training that will build functional strength, improve flexibility, balance & core stability all at once, with each & every exercise. Please sign up at the front desk to reserve a spot.

Club Hours

Mon-Thurs	5am-11:30pm
Friday	5am-9:30pm
Saturday	7am-7pm
Sunday	7am-7pm

Childcare Hours

Mon-Thurs	8:45am-1:30pm/4:00pm-8:00pm
Friday	8:45am-1:30pm/4:30pm-6:30pm
Saturday	9am-12:30pm