

Winter 2019

Fitness Classes & Small Group Training

MON	TUES	WED	THUR	FRI	SAT
5:45A-6:00A TRXtreme w/Picky	12:00P-12:45P Dynamic Flow Yoga w/Mary Beth	9:00A-9:45A PowerFlex w/Joanne	6:00A-6:45A HIIT it Hard w/Lisa	7:00A-7:45A HD Power* w/Andy	7:00A-8:00A TRXtreme w/Picky
9:00A-10:00A Spin Fusion w/ Joanne	5:00P-6:00P Athletes In Motion w/Picky	12:00P-12:45P HD LunchExpress* w/Denleigh	12:00P-12:45P Dynamic Flow Yoga w/Mary Beth	9:45A-10:30A MuscleExpress w/Tracy R	8:30A-9:15A Barre Fusion w/Mary Beth
9:30A-10:15A Fun In Fitness w/ Picky	5:30P-6:15P Total Body Blast w/Mary	5:15P-6:00P HD Insanity!* w/ Abby (1/9 - 2/20)	5:00P-6:00P Athletes In Motion w/Picky	10:30A-11:00A Cardio Mix Up w/Tracy R	10:00A-11:00A HD Spartan Training* w/Tracy R
12:00P-12:45P WinterStrong w/Tracy R		6:00P-7:00P Spin Fusion w/ Meg	5:30P-6:30P Old School Power w/ Mary D.		
5:00P-5:25P Crunch N Punch w/Tracy R			6:00P-7:00P HD Spartan Training* w/Tracy R		
5:30P-6:30P HD Power* w/Tracy R					

Water Fitness

MON	TUES	WED	THUR	FRI	SAT
10:30A-11:15A Aqua Jam w/Picky	10:30A-11:15A H2O Suspension w/Picky	9:30A-10:30A Boot Camp H2O w/Picky	10:30A-11:15A Aqua Tabata w/Picky	10:30A-11:15A Aqua Jam w/Picky	8:00A-9:00A Aqua Jam w/ Picky
11:15A-12:00P Boot Camp H2O w//Picky	6:00P-7:00P Bootcamp H2O w/Picky	10:30A-11:15A Aqua Jam w/Picky	6:00P-7:00P Boot Camp H2O w/ Picky	11:15A-12:00P Boot Camp H2O w/Picky	

Yoga • Pilates • Girls Empowered

MON	TUES	WED	THUR	FRI	SAT
6:30P-7:30P Yoga w/ MaryBeth	9:00A-9:45A Pilates w/Carol	7:00P-8:00P Yoga w/Robyn	9:30A-10:15A Senior Yoga* w/Denleigh *8 Week Sessions *Additional Fee	9:00A-9:45A Total Core Pilates w/ Carol	10:00A-11:00A Yoga w/Lilly/Jeanine/ Daniella
	11:30A-12:15P Senior Yoga* w/Denleigh *8 Week Sessions *Additional Fee		12:00P-12:45P Dynamic Flow Yoga w/Mary Beth		
3:30P - 4:30P Girls Empowered w/ Janine	12:00P-12:45P Dynamic Flow Yoga w/Mary Beth		6:30P-7:30P Yoga w/ Denleigh		

HIGH DEFINITION TRAINING
10 Sessions or Unlimited Sessions per month
added to your membership!

FITNESS

WORCESTER

worcesterfitness.com/group-fitness-classes

Spinning

MON	WED	THUR	FRI	SAT	SUN
5:45A-6:30A WinterSpin w/Meg	5:45A-6:30A WinterSpin w/Dianne	9:15A-10:00A WinterSpin w/Andy	5:45A-6:30A WinterSpin w/Andy	9:00A-9:45A WinterSpin w/ Kait/Tracy R	9:00A-10:00A WinterSpin w/Andy
5:30P-6:30P WinterSpin w/Meg	10:00A-10:45A WinterSpin w/Joanne	5:15P-6:00P WinterSpin w/ Denleigh	12:00P-12:45P WinterSpin w/Denleigh (1/4 - 2/22)		

GROUP CLASSES

Athletes In Motion: The best in motion, music, and motivation in this high energy dynamic class emphasizing functional sport movements. You'll run, jump, crawl, and sweat your way through cones, agility ladders, and other safe and fun challenges.

Barre Fusion: An athletic workout specifically designed to strengthen and lengthen the body. The class is fueled by upbeat music and efficiently flows through each muscle group, creating endurance and stamina through strength training and increased flexibility through stretching. The movements are influenced by classical ballet barre methods, Pilates, yoga, and orthopedic exercises.

CardioMixUp: Use the various Cardio Machines in a fast paced, hard driving cardio group exercise class. Picture a spin class on an Elliptical Machine or Treadmill. Lots of energetic fun!

Crunch N Punch: A fun combination of basic boxing and challenging core exercises. You'll be hitting the heavy bag and focus mitts, and developing a strong and stable core. An intense and fun blast of cardio and core all while releasing some energy with powerful punches!

Fun In Fitness: There is no better way to feel better than to do it in a FUN environment. This class is great for beginners and experienced fitness folks too. There will be great music and energy as you work your way through many functional movements you'll apply to your daily life.

Girls Empowered: program designed to develop well-rounded & strong female athletes. We focus on building these young girls from the ground up with an emphasis on core stability, proper movement patterns, balance and strength. The confidence gained will show during practices and games and more importantly during non-sport times.

HIIT it HARD: A fast paced and fun HIIT program to improve your strength and cardiovascular health. Great music and energy from qualified and skilled group exercise instructors with a strong history of motivating people to achieve amazing health and fitness accomplishments.

Muscle Express: Total Body & Core strength in less than 30 minutes. Combo this class with the CardioMixUp Class that immediately follows. Positive energy, power, strength and flexibility for all abilities. Short, quick, and efficient total body workout with a smile!

Old School Power: Sometimes you just need to turn back the clock to a time when people just lifted weights. This is a fun and smart workout that will activate and strengthen your muscles through safe and proper weightlifting techniques. No, you won't get bulky - you'll get strong and ripped! Come lift some weights with us!

PowerFlex: High Powered Energy and Fun where you'll sculpt and strengthen your muscles while raising your heart rate in a highly motivating environment. For all abilities, because all you need is a positive attitude and a smile (and water!)

Spin Fusion: Let's mash together two dynamic classes into one power hour! This class will combine the high energy or a spin class with core and strength that everyone needs. The first portion of the class will be on spin bikes and the second part will take place in the HD room.

Total Body Blast: A medley of calorie-blasting aerobic exercises featuring high intensity sports/athletic drills and full body moves. You'll target various muscle groups with dumbbells and focus on proper body alignment and posture. Get strong! Come to Total Body Blast for a head-to-toe strengthening program that's fun!

TRXtreme: combination of the total body strength that comes with using TRX straps and the cardio conditioning that comes with A.I.M - Athletes in Motion! This high energy circuit class will keep you moving while giving you all the benefits of total body conditioning!

WinterStrong: Raise your heart rate in this fun mashup of cardio, core, strength and flexibility. You'll work hard while having a wicked awesome experience in this class!

WATER FITNESS

Aqua Jam: Picture the wicked awesome Worcester Fitness pool filled with 20, 30 or 40 super-positive humans moving to great music led by a motivating instructor. THAT is H2O Fitness at Worcester Fitness!

Aqua Tabata: This class combines high intensity interval training (HIIT) with the benefits of water results - in a fun yet effective workout to blast the calories! You'll start with dynamic stretching, then use the core of the class to experience the Aqua Tabata portion of the class. Finish the a cool down consisting of balance and flexibility.

Bootcamp H2O: A mixture of high intensity water aerobics and core strength training utilizing bands, noodles, boards and hand weights designed to increase all fitness levels. High energy, positive people and motivating music.

H2O Suspension: A challenging workout in the pool, suspended by fun and flexible noodles. Move, strengthen, flex, and smile your way through this unique water class in the awesome pool!

SPINNING

WinterSpin: Surround yourself with positive people in an insanely awesome indoor cycling arena with 23 bikes, amazing sound system and mood setting lighting. Come Spin with Us!

YOGA • PILATES

Dynamic Flow Yoga: Fast Paced Strengthening Class linking breath and movement for a dynamic flow. Igniting your life force with linked poses, core work, balance poses and energized movements.

Pilates: Pilates educates, realigns, re-patterns and balances your body. It increases muscle strength while promoting coordination, stamina and flexibility.

Senior Yoga: Yoga for seniors has many health and fitness benefits. It helps to improve strength, flexibility, mobility and balance Senior Yoga also teaches breathing techniques and body alignment. Senior who do yoga have better sense of well being, reduced risk of fall; improved sleep patterns and mood; and reduced joint pain and anxiety.

Yoga: Highly skilled and passionate yoga instructors lead members of all ages and experience levels through series of poses and movements designed to make you feel better than you did when you walked into the room.

HD TRAINING CLASSES

HD Insanity: We are thrilled to bring INSANITY to Worcester Fitness for 6 weeks! You won't stop moving in this fast paced, high energy body-weight sports and conditioning class! COME EXPERIENCE THE INSANITY at Worcester Fitness!

HD LunchExpress: This HD Class will incorporate high intensity movements, explosive power and super strength. The workout will include strength training, plyometrics, speed and agility work.

HD Power: Sweat, Run, Jump, Push, Press, Row and Curl your way to a highly invigorating workout to improve your strength, speed, agility, power, and flexibility. You're an athlete, so train like one!

HD Spartan Training: This High Definition Spartan training class is challenging, fun, and for everyone! This warm and welcoming team is open to anyone in the HD Program regardless or whether you sign up for the Spartan and other adventure races. Come try our Spartan Training Program and see why it's one of the most popular teams at Worcester Fitness!

HD Strength & Synergy: Bodyweight strength exercises combined with balance, core and flexibility movements which will help create total body symmetry. It's challenging work, but it will leave you feeling alive with everything from head to toe awakened.

HD TRX: Super Fun & Challenging Head-to-Toe TRX suspension program that will develop strength, balance, flexibility, and core stability. You'll use body-weight suspension exercises with an intense combination of muscle conditioning to include traditional boot camp and plyometric exercises. Total body workout in a small group setting will promote significant results!