

WORCESTER FITNESS CLASSES

SUNDAY

[Boot Camp](#)
8:00AM, 9:00AM

MONDAY

[Aqua Jam](#)
10:30AM
[Boot Camp](#)
6:00AM, 9:00AM, 5:00PM
[Power & Flow](#)
6:00AM
[Power MetCon](#)
5:05AM, 6:00 AM, 5:30PM
[Yoga](#)
4:30PM

TUESDAY

[Active Senior Yoga](#)
10:15AM
[Barre](#)
5:30PM
[Boot Camp](#)
6:00AM, 9:00AM, 4:30PM
[Functional Strength](#)
5:05AM, 6:00AM, 8:00AM, 5:30PM
[Pilates](#)
9:15AM
[Spin Fusion](#)
6:00 AM

WEDNESDAY

[Aqua Jam](#)
10:30AM
[Boot Camp](#)
6:00AM, 9:00AM, 5:00PM
[Foam Rolling/Stretching](#)
8:30AM
[Power & Flow](#)
6:00AM
[Power MetCon](#)
5:05AM, 9:00AM, 5:30PM
[Spin](#)
5:00PM
[Spin Fusion](#)
9:00AM
[Yoga](#)
6:00PM

THURSDAY

[Boot Camp](#)
6:00AM, 9:00AM
[Cardio Mix-Up](#)
5:00PM
[Core Conditioning](#)
5:30PM
[Flexibility & Mobility](#)
5:30AM
[Functional Strength](#)
8:00AM, 5:30PM
[MMA Conditioning](#)
6:00AM
[Pilates](#)
9:15AM
[Spin](#)
9:30AM
[Restorative Yoga](#)
10:15AM

FRIDAY

[Strong Movement](#)
8:00AM
[Fitness Yoga Flow](#)
10:00AM
[Aqua Jam](#)
10:30AM
[Boot Camp](#)
6:00AM, 7:00AM, 9:00AM
[Functional Strength](#)
5:05AM, 6:00 AM, 9:00AM
[Spin Fusion](#)
9:00AM

SATURDAY

[Boot Camp](#)
8:00AM, 9:00AM
[Power MetCon](#)
9:00AM
[Spin](#)
8:00AM
[Yoga](#)
10:00AM

FITNESS
WORCESTER

CLASS DESCRIPTIONS

Aqua Jam: 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.

Barre: 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.

Boot camp: This class is designed to deliver a full-body workout that is guaranteed to help you lose weight, build and tone muscle, and strengthen your core! We design our program focusing on constant movement while using body weight, dumbbells, kettlebells, medicine balls, battle ropes, and cardio equipment to give you a fun and effective workout that is appropriate for any level of fitness!

Cardio Mix-up: This high-energy, 30-minute session is designed to push your limits, challenge your body and mind, and introduce you to cutting-edge fitness equipment you won't find just anywhere. Get ready for a pulse-pounding, sweat-drenching experience that will keep your heart rate soaring and deliver a long-lasting burn. Are you up for the challenge?

Core Conditioning: Abdominal, glute, and lower back macro sets followed by 45 seconds of aerobic activity and then 15 seconds of rest. Repeat format for 30 minutes.

Flexibility & Mobility: This class focuses on loosening specific body parts using a combo of foam rollers, static and dynamic stretching, and self-joint mobilization to help gradually increase muscle length and joint mobility and help bring an end to feeling achy and stiff!

Foam Rolling/Stretching: This class is a therapeutic session focusing on self-myofascial release to alleviate muscle tightness and improve flexibility. Using foam rollers, participants apply gentle, sustained pressure on connective tissue and muscles, enhancing blood flow and aiding in recovery. This class is ideal for relieving soreness, increasing range of motion, and complementing an overall fitness regimen, beneficial for athletes and casual exercisers alike.

Functional Strength: Training made fun and practical by pushing, pulling, pressing, and carrying objects and weights much like we would in real life. Get stronger while moving through positions you would during everyday activities.

Strong Movement: Hit reset and get back to the basics—the kind that actually work. This upbeat, strength-focused class uses smart, safe weight-training techniques to help you build real, functional muscle. You'll challenge your body, boost your confidence, and feel stronger from the inside out. No, you won't bulk up—you'll sculpt, tone, and get seriously strong.

MMA Conditioning: This class is a combination of MMA and functional fitness to give you a FUN and complete total body workout! You'll be able to punch, kick, and work out your stress away!

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

Power and Flow: 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.

Power Metcon: Power Metcon is geared towards any fitness level that combines a dedicated focus on strength training as well as the high cardio output of a metabolic conditioning class. The primary strength block focuses on barbell lifts, including deadlifts, squats, cleans, and bench press, among others. The metabolic block includes wall balls, ropes, plyos, ab/core work, and cardio conditioning.

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. Seniors who do yoga have a better sense of well-being, reduced risk of falls, improved sleep patterns and mood, and reduced joint pain and anxiety.

Spin: Surround yourself with positive people in an insanely awesome indoor cycling arena, an amazing sound system, and mood-setting lighting. Come spin with us!

Spin Fusion: Let's mash together two dynamic classes into one power hour! This class will combine the high energy of a spin class with core and strength that everyone needs.

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

Yoga Fitness Flow: Yoga fitness flow is a dynamic, athletic style of yoga that links physical postures to breath. It create a continuous sequence of movement to build strength, flexibility, mobility, and balance.