Group Fitness Class Description 2022

Absolution - Absolution is a mix of weighted and bodyweight ab training. You'll do crunches, sit-ups, planks, mountain climbers, and much more to strengthen your core.

Cardio boxing - Boxing styles and cardio will merge to tone shoulders, legs, and abs. Learn the proper form and technique of punches, jabs, and much more in this fast-paced class!

Cycle - Cycling allows you to train and challenge your aerobic and anaerobic -fitness levels in an energetic, group setting. Class focus can combine any variety of endurance, strength, intervals, high intensity, and recovery.

Full Body - This full-body workout is achieved through high-repetition movement and non-cardio exercises. Look forward to improved muscular strength, increased bone density, and strength.

Glute gains - This 45-minute class integrates a variety of exercises that specifically target the glutes, giving you a serious lift.

Pilates – This class consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance.

Power Circuit - Get a full-body workout that combines functional resistance and cardiovascular training. During this class, you will go through a series of exercises for 30-to 90-second intervals. Each station will target a different muscle group and give you the perfect combination for strengthening your heart and muscles.

Power Yoga: Join us for an invigorating and empowering Power Yoga class that will leave you feeling refreshed, re-energized, and ready to conquer your day. Whether you’re looking to take your yoga practice to the next level or simply want to experience a challenging and transformative workout, this class is the perfect fit for you.

R&B(arre): Are you ready to combine the rhythm and soul of R&B music with the grace and strength of a barre workout? Step into our dynamic R&B Barre class and experience a unique fitness fusion that will have you moving, grooving, and toning your body to the beats of your favorite R&B tunes.

SHiNE Dance Fitness - You don’t have to be “a dancer” to dance with us. Come as your authentic self, and let the music and moves melt away your stress for a little while. At SHiNE, we believe it’s in our imperfections that we find our deepest connections, on the dance floor, and in life. Our original choreography is the perfect balance of cardio and toning, designed to follow a HIIT format. You will sweat until you sparkle, and have fun doing it!

Strength and Speed - Improve the strength of your heart and body with this class. Strength and Speed will challenge your strength through traditional free-weight exercises and get your heart pumping with cardio drills that will increase your fitness level.

Yoga - Incorporate conscious breath-work and balance poses to stretch and strengthen the body. Your instructor will guide you through the movements to build strength, flexibility, and balance.
**Zumba** - This fun and easy-to-follow cardio dance class combines high energy and motivating Latin and World music with unique moves and combinations that make you feel like you are partying on the dance floor. No dance experience is necessary.

**Small Group Training Previews**

Take a sneak peek of our small group trainings at the dates below.

**Beginner Strength Training** - Step into a supportive and motivating environment where we celebrate and embrace the incredible strength of YOU! Discover the remarkable benefits of weight training as we help you build lean muscles, boost your metabolism, and enhance overall strength and endurance. Bid farewell to the fear of bulking up - we’re here to empower you with the knowledge and techniques to sculpt a strong physique that radiates confidence. Welcome to Weights teaches proper weight-lifting etiquette, technique, and routine. Our certified trainers are dedicated to guiding you through a transformative weight training journey. Anyone can register for this small group training. This class is for all fitness levels.

- **Preview** - September 6th at 5 pm

**Self-Defense** - In a world where personal safety is paramount, it's time to equip yourself with the knowledge and skills to protect yourself. Welcome to our empowering Self-Defense Training, where you'll learn essential techniques and strategies that will enhance your awareness and empower you to stand tall. Led by our instructor with real-world experience, our Self-Defense Training will provide you with practical self-defense skills that are effective and adaptable to various situations. You'll gain the tools necessary to keep yourself safe and secure from mastering striking techniques to learning effective escapes and defenses. This class is for all fitness levels.

- **Preview** - September 13 @ 5:00 pm | October 18 @ 5:00 pm

**Zero to 5k** - Ready to lace up your sneakers, conquer your doubts, and become the ultimate running sensation? Look no further than our exhilarating Zero to 5k program, designed to take you from absolute beginner to confident runner! Our trainers are dedicated to guiding you every step of the way as you conquer new distances, push your limits, and unleash your inner athlete. They will provide tips for your 5k from nutrition to training regime. After the program, we will give you a list of local 5ks. The benefits of this program include high-calorie burn, improved cardiovascular endurance, stress relief, and 5k preparation. This class is for all fitness levels.

- **Preview** - October 18 @ 5:00 pm