

Class Descriptions

FUEL50

Fuel50 is a 50 minute group training format that will motivate, challenge and test you! Yes, all levels welcome and you will always have something to work toward. No stale workouts. No fitness plateaus. Comaraderie, awesome and knowledgeable training teams and great fitness await. Fuel50 is a comprehensive program for all fitness levels. This is not a system based on how long you have been at a facility or how much your trainer thinks you have improved. We have spent over a decade improving our well-rounded strength, endurance and mobility programming. Fuel50 is offered just about every day early morning, mid morning and evening. Check out the schedule! Welcome to your new favorite training program. Ever.

CARDIO SCULPT

Cardio Sculpt is a fun, fairly intense class that combines cardio exercises with muscle sculpting exercises, such as the use of weights and barbells. These classes are designed to get your heart rate up and tone your muscles simultaneously, and usually consist of several different exercise formats during each – which means there is never a dull moment!

CARDIO DANCE

Dance cardio is a hybrid of dance choreography and cardio exercises set to music, creating a heart-pumping workout to keep your body in constant motion. It's the type of exercise that feels more like a party than anything else. Don't be fooled though: this is a body-burning experience.

MOBILITY

Mobility Class is all about dedicating time to care for your body and soft tissue to promote better movement and improved functional range of motion. Consider this as guided self-care; a practice crucial to your athletic and fitness development. Expect this class to "hurt so good" while you roll, floss, release, smash, and stretch your way to true functional improvement.

PIYO®

PiYo® is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

SILVER SNEAKERS® CLASSIC



















Muscular Strength and Range of Movement: Have fun and move to 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 to for resistance, and a chair is used for seated and/or standing support.

ZUMBA®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to love working out and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

GROUP FITNESS STUDIO SCHEDULE

EFFECTIVE 8/21/23

	MON	TUES	WED	THURS	FRI	SAT
5:30 AM						
8:00 AM		CARDIO DANCE ANNETTE	PiYo® ROSE	CARDIO SCULPT ANNETTE	ZUMBA® ROSE	ZUMBA® ROSE
9:00 AM						
1:00 PM	SILVER SNEAKERS® JACKIE		SILVER SNEAKERS® JACKIE		SILVER SNEAKERS® JACKIE	
3:15 PM		 TG RAMONA UA ULTIMATE ATHLETE <small>YOUTH & TEEN FITNESS</small>		 TG RAMONA UA ULTIMATE ATHLETE <small>YOUTH & TEEN FITNESS</small>	 JOIN OUR FUEL/GROUP MEMBERSHIP FOR JUST \$99/MO TO GET ACCESS TO ALL THESE CLASSES ULTIMATE ATHLETE KIDS 6-17 \$44/MO	
5:00 PM	ZUMBA® ROSE		ZUMBA® ROSE			
6:00 PM		MOBILITY ROSE		MOBILITY ROSE		
6:00 PM SMALL ROOM	PiYo® ROSE					

All Classes are part of the TG Group Training Membership or Ultimate Athlete. Please note class times, instructors and formats are subject to change.

