



NOTE: All participants are encouraged to bring towels and water to classes. Wipe down your bike after use and avoid spraying cleaner

directly onto bike. \*\*\*New participants PLEASE arrive to class EARLY and introduce yourself to the instructor. (Located in the ICG Cycling Studio)

**INSTRUCTOR LEAD FTP (FUNCTIONAL THRESHOLD POWER TEST):** A ramp test used to help measure a user's fitness and establish their 5 colored training zones. Every 4 minutes the WATTs target will increase 25 watts, all the rider has to do is "keep it green" for as long as they can (up to a max of 20 minutes). Once an individual's FTP is known, users are assigned the 5 zones to accurately coach their effort for the best customized results.

**ORIENTATION/INTERVAL CYCLING:** Great class for the new cyclist to learn the basic moves that make up the ICG IC7 cycling program. Instructors will spend more time on bike set up, heart rates, technique, and safety issues. Includes the basics of cycling with a great interval workout to prepare participants for other spinning classes.

**ALL-TERRAIN:** This class does it all! It incorporates endurance, strength, and interval training with a mix of flat road, jumps, and climbs.

**INTERVAL CYCLING:** This class emphasizes speed, tempo, timing and rhythm. Interval training alternates between high and low aerobic intensities, ranging in work efforts (colorzones). It is a great way to judge overall fitness improvement and add variety to any fitness program!

**STRENGTH RIDE:** This class involves steady, consistent pedaling with heavy resistance. A great way to build up muscular and cardiovascular ability by stimulating challenging hill climbing.

**PARTY RIDE:** Themed cycling classes to add a little fun to your week. The instructor will keep the tone upbeat and fun with a different musical theme each week.

**SilverSneakers® Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.



**SilverSneakers® Circuit** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**SilverSneakers® Yoga** will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



**BUTTS & GUTS:** Work your glutes, hamstrings, quads, and abdominals to have a fabulous front and backside!!

**GROUP POWER:** Your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



**UPPER BODY SCULPT:** 15 minute class to get your upper-body and core in shape.



**20/20/20:** Fast paced full-body twenty minutes of strength, 20 minutes of step, and twenty minutes of kickboxing.

**KICKBOXING:** Easy to follow kickboxing choreography set to music. This class will elevate the heart rate and challenge muscles



**R.I.P.P.E.D.:** Resistance, Interval, Power, Plyometrics, Endurance, Diet! If you are looking for a class to get you in shape or bust a plateau this is for you! This class will give you the results you want. Class is for ALL LEVELS. And if you need the diet component check out www.rippedplanetusa or Venice Nutrition Coaching at the club to help you with your nutritional needs!



**Zumba®:** "Ditch the workout, JOIN THE PARTY!" 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 want to work out, to love working out, 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!



**COUNTRY HEAT:** A high-energy, low-impact dance workout that's so simple and so fun, you'll love it from the very first step. Each routine is packed with easy-to-follow dance moves set to the hottest country music around.



**REFIT:** A "movement+music" experience that adds resistance-training elements to give you a total-body workout. A TOTAL-BODY WORKOUT THAT LEAVES YOU SMILING.



**PIYO:** 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.



**Fit-Barre:** An all-levels barre class is the ultimate long and lean total body workout. Incorporating elements of pilates, yoga, ballet and strength training, this class delivers the results you have been waiting for!



**YOGA/YOGA FLOW:** Come join the Mind Body Experience as we align, breathe, strengthen, create power, and increase flexibility. Whether you are new to yoga, a practiced yogi, or have "issues within your tissues", this class is for you!



**POP Pilates®:** An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core.



**BALLROOM DANCE CLASS:** This is your time to have fun and move! These 45 minute dance classes strengthen all your major muscles, improve balance and coordination, while in an inspiring, motivating group setting with easy music and an experienced dance instructor, Michelle Mardis. Ballroom dance - In its most basic form, is any partnered dance where one partner is

**LOUISVILLE ATHLETIC CLUB 9565 Taylorsville Rd. 40299**

**GROUP FITNESS CLASS DESCRIPTIONS**