







Group Fitness Descriptions



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 ICG Cycling	<p>Cycling classes provide an intense cardio workout while still catering to participants of all fitness levels. Our Life Fitness IC7 bikes combine unique design with enhanced tech experience through Coach by Color intensity guide, WattRate Power Meter, Myride indoor cycling videos, and connectivity to external devices provide encouragement and engagement.</p> <ul style="list-style-type: none"> *All new participants should see the instructor before class to be properly fit for the bike and review technology *All participants are encouraged to bring heart rate monitors *Due to size of classes, participants will need to sign-up at the front desk and get your Ticket to Ride
 ICG Cycling FTP Test	<p>The ICG Cycling FTP Test is an instructor led Functional Threshold Power (FTP) ramp test used to help measure a user's fitness and establish their five colored training zones used for ICG Cycling classes. Once an individual's FTP is known, users will be able to utilize their five color zones more accurately to get the best workout and results. Encouraged for users new to ICG Cycling classes.</p>
	<p>Group Power is your Hour of Power! Blast all your muscles with this high-rep, weight-training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to your personal best.</p>
<p><i>Barre Works</i></p>	<p>BarreWorks: Create a long, lean and sculpted body at the barre by using intervals with isometrics to carve muscle followed by deep stretches to elongate the body. Wear "grippy" socks to help alleviate sliding and encourage balance.</p>
<p>YOGA</p>	<p>A 5,000 year old practice known to build strength, flexibility and balance, along with concentration, relaxation and creativity. The mind, body and spirit workout you have been searching for.</p>
<p>fire</p>	<p>Fire is a total-body workout that focuses on each muscle group at an intensity that will simultaneously improve your cardiovascular strength and endurance. This class incorporates a variety of exercises and equipment to keep you on your toes!</p>
<p>REFIT</p>	<p>#REFIT offers exhilarating energy & body-rockin rhythms! Cardio, toning, flexibility, balance! A total-body workout that can easily be modified to meet the needs of any fitness level.</p>
<p>cardio dance</p>	<p>Join us and dance your way to fitness! This class incorporates a variety of old school and new school dance routines. High intensity moves to get your body tight, get what you put in, and get your body right.</p>
	<p>Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!</p>
	<p>Rumble by R.I.P.P.E.D. is an authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment</p>
	<p>STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move</p>

