



*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 Group Cycling Studio)*

**COACH BY COLOR CYCLING:** To Coach By Color® is to bring a simple and intuitive form of communication to Group cycling to improve the riders experience and to achieve their fitness results in less time. The Coach By Color® power program combines accurate zonal training with stimulating color to help coach a member's effort during the workout. Instructors lead their class through workouts that incorporate endurance, strength, and interval training with a mix of flat road, jumps, and climbs. Some classes will emphasize speed, tempo, timing and rhythm with interval training that alternates between high and low aerobic intensities, ranging in work efforts (color-zones). Adding a Coach By Color Cycling class to your fitness routine is a great way to measure overall fitness improvement and add variety to your week.

**FUNCTIONAL THRESHOLD POWER (FTP) CYCLING CLASS :** These will be typical Coach By Color® cycling classes except with part of the classtime devoted to a 5 minute power test. Take a FUNCTIONAL THRESHOLD POWER (FTP) CLASS to receive your exact Individual Functional Threshold Power score. Once you establish your score the Coach by Color training zones will be calibrated accurately to your fitness, and you can measure your progress more precisely.

**COACH BY COLOR CYCLING 101:** Great class for the new cyclist to learn the basic moves that make up the Coach by Color cycling program. Instructors will spend more time on bike set up, color zones, technique, and safety issues. Includes the basics of cycling with an interval workout to prepare participants for other classes.

**INSTRUCTOR LEAD FTP RAMP CYCLING CLASS(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. These will be special events (not on the weekly schedule).

**INDOOR CYCLING FREESTYLE :** These cycling classes to add a little fun to your week. The instructor will keep the tone upbeat and fun with a different musical themes each week and a variety of traditional cycling techniques.



**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 Silver-Sneakers 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.



**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!



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



**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](http://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 and body-energizing movements meant to engage & captivate for life!



**Zumba® Gold:** Program for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.



**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 designated the lead and the other is designated the follow. The traditional ballroom dances include: Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz, Rumba, Cha cha, Swing, Jive, Samba, Mambo, Bolero, and Paso Doble. Come alone or bring a friend! \*Fee for non-members