

bike. \*\*\*New participants PLEASE arrive to class EARLY and introduce yourself to the instructor. (Located in the ICG Cycling Studio) We encourage you to download the Team ICG App also!



**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.

**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.

**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!

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



**POWER PUMP:** A barbell workout that incorporates functional orthopedic strength training. ... Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.



**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!



**STRONG:** 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. ... The original STRONG by Zumba® class is a demanding hour-long session that works your entire body.



**DANCE FITNESS:** A workout designed to jump-start your heart rate, increase strength and flexibility, and above all, express oneself through dance and music. Tone and shape your arms, abs, and your butt! All levels welcome. Various dance/music formats.



**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.



**BARRE-FIT:** 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..

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



**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.