







Group Fitness Descriptions



LOUISVILLE ATHLETIC CLUB

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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> <p>*All new participants should see the instructor before class to be properly fit for the bike and review technology</p> <p>*All participants are encouraged to bring heart rate monitors</p>
 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>Barre Works</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>Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!</p>
	<p>Zumba is a fitness program that 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 work out, to love working out and to get hooked. Ditch the workout and join the party!</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>Foam rolling is a way of massaging away muscle soreness in trigger points, and preparing your muscles for deeper stretching. ...Stretch Strengthen & Roll will teach a form of myofascial release that you can also do on your own, using the roller to release muscular tension.</p>
<p>Intro. to Cycle</p>	<p>New to Cycling? This class prepares you for proper bike set up for your unique height and reach. The instructor will provide a full explanation of class terminology, bike positions and the meaning of all the numbers and colors on your screen. This class will prepare you to have fun and get the most out of your cycling classes going forward!</p>
<p>Pilates</p>	<p>By definition, Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core</p>
<p>KICK & PUNCH</p>	<p>Kick and Punch is a cardio drive workout that will get your heart pumping. It incorporates Martial Arts moves and techniques such as Kicks and punches. It provides a full body workout combining cardio, Sculpting, and ab training for maximum fat burning.</p>