

Group Exercise Land Class Descriptions

Main Studio

A.B.C. (Arms, Booty & Core): Challenge your muscles from head to toe using a mix of heavier and lighter weights to build muscular strength and endurance. Excellent for all fitness levels.

Athletic Yoga Sculpt: Be prepared to sweat! This class is a combination of power yoga & strength training for a full-body workout.

Barbell Strength: Build lean muscle mass with this strength and conditioning workout using an adjustable barbell with plates, dumbbells and other various equipment. **Note the 4th Wednesday of each month will be Power Core.*

Barre Fusion / Pilates Barre: A dynamic and safe workout to challenge legs, core, glutes and arms while enhancing balance and alignment.

Cardio Dance: This class is a fun, low-impact way to get moving to fun music while improving balance and coordination and boosting overall aerobic fitness. **January 14 and 28**

Cardio Drumming: Sit or stand as we drum to great music! This class is what you make it. Take it easy or add squats, lunges and jogs to each song. **January 7 and 21**

Cardio Kickboxing: This class is an energetic mix of punches and kicks paired with cardio drills to boost your heart rate. The session typically ends with floor exercises focusing on core and glutes.

HIIT 45: This high intensity workout mixes HIIT training methods, compound exercises and plyometrics to develop power and strength while tightening and shaping the entire body.

Knockout: Burn fat, build endurance with this non-stop cardio kickboxing class that anyone can do – no previous boxing experience necessary.

Pure Core: This class will target the core muscles of the body including abs, lower back, hips and glutes while improving posture, flexibility and balance.

Short Circuits: Back to back strength, cardio & core exercises grouped together in 45-60 second intervals. All levels welcome.

Simply Fit: This class is best suited for the older adult, beginner, or someone who is looking for a low to moderate workout consisting of functional, integrated training including balance and coordination.

Sit Strong: Perfect for seniors, beginners, and those living with mobility challenges, this class offers a dynamic and enjoyable way to stay active. Enjoy fun music and an invigorating workout that will keep you energized and smiling throughout. Get ready to Sit Strong!

Step & Strength: Creative step choreography blended with intervals of strength & core for a full-body workout.

Total Body Burn: This class mixes cardio, kickboxing, & strength for an awesome, all-over workout.

Triple Threat: Good things come in 3's! This fun, fast paced workout checks off all 3 fitness boxes: Cardio, core and strength!

YogaRoll: This class blends the mindful movements of yoga, the deep tissue relief of foam rolling, and the gentle, elongating benefits of stretching. Perfect for all fitness levels, this class will leave you feeling rejuvenated, flexible, and stress-free.

Zumba®: A high energy, calorie burning synchronized dance routine.

Cycle Studio

Cadence & Core: Get ready for the best of both worlds! 30 minutes of low-impact cycle plus 25 minutes of core and stretch work.

Group Exercise Land Class Descriptions (Continued)

Cycle60: Gear up for an energetic low impact cycle ride then stay for an extended stretch.

Interval Ride: Improve your endurance and overall fitness as you take on steep climbs, rolling hills, jumps and flats to motivating music.

Rise & Shine Ride: Put the pedal to the metal on the road less traveled with a musical journey for your mind, body and spirit.

Mind Body Studio

Flex & Flow: This class delivers strength, balance and flexibility together with yoga-inspired moves all set to fun music. This moderate workout is perfect for active recovery days.

Gentle Seated Flow: This chair-based class will benefit both mental and physical well-being by improving coordination, joint and heart health and stress management.

Gentle Yoga: Treat yourself to a decadent experience and restore your body to its natural state through gentle stretching and relaxation.

Pilates Flex: A dynamic Pilates workout where strength meets flexibility using props such as small balls, stretch bands and more.

Pilates Sculpt: Part muscle toning and part muscle lengthening, this class is a sure way to improve your endurance, strengthen your muscles, and build major core strength.

Resistance Pilates: This Pilates practice uses resistance props while performing slow, controlled movements to improve strength and mobility.

Restorative Yoga: A gentle practice that will relax, restore and rejuvenate the body, mind and spirit.

Seated Yoga Stretch: This class is designed to make yoga accessible to everyone by using a chair for all stretches and poses. This class focuses on improving flexibility and posture, and is perfect for all fitness levels, especially those with limited mobility.

Slow Flow Yoga: This class will bring calmness and peace to your yoga practice as we slow down and enjoy several breath cycles in each pose.

Tai Chi & Qigong: A practice of slow, gentle movements and postures creating a meditative state of mind as well as helping with pain management. **{Add'l fee – specialty class.}**

Vinyasa I / Vinyasa Flow: Synchronize movement and breath to cultivate flexibility, strength, balance and serenity.

Yin Yoga: This style of yoga is a quiet, contemplative practice targeting the deepest tissues of the body.

Gym Floor

Bootcamp: An interval or circuit style training class using bursts of intense activity alternated with intervals of lighter activity.

Total Body Conditioning: Multi-fitness level class that integrates segments of aerobic conditioning, strength training and core development.

Total Body Tabata®: This class combines HIIT and Tabata into a high energy format offering the perfect mix of cardio and strength. This is Tabata for everyone – all levels welcome!

Contact Jodi Ryczek, Group Exercise Director Gurnee, at 847.625.4764 or Jodi.ryczek@hfit.com with questions.