

4ever24fit Group Classes

Spin

Spin (45 min) Indoor cycling provides a fun and challenging cardiovascular workout for all ages & fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Experience the benefits of a cardio workout plus strength building in one class. Reserve a seat 14-hours prior, bring a towel and water bottle.

Ab Attack

If you're looking to tighten your tummy this is the class for you! The class is a blend of techniques from Yoga, Pilates, and traditional strength training exercises to give your core a conditioning routine like you've never had before. Most exercises are performed with body weight only, but light weights and resistance bands will regularly be incorporated to achieve maximal toning and sculpting.

Body Blast

This is a 40 min, total body workout designed to build strength and endurance. This class fuses plyometrics, agility drills, strength, and resistance exercises to burn fat, build lean muscle and improve overall athleticism and fitness performance. A portion of the class utilizes body-weight only, but free weights, bands, and other equipment are also added into the mix for an intense calorie burn. No workout is the same, this keeps your body guessing and prevents plateaus. All fitness levels are encouraged to join us!

TRX

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the **TRX** Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

Move & Tone

1 HOUR CLASS – Cardio, Core, Flexibility, Balance, Fun all in one class!

First half hour consists of fun, easy choreographed dancing-exercising movements to a combination of today's hits, oldies and on occasion Latin music! You choose if you want a little or a lot of cardio. Two left feet, not a problem in this class! This half hour produces anywhere from 3,000 to 4,000 steps!

Second ½ hour consist of a mix of calisthenics and toning with weights, bands and mini balls focusing on resistance training, core development, flexibility and balancing. Mondays, focus is on legs and core. Wednesdays will be arms and core, and Friday is total body. On Monday and Wednesday, floor work is incorporated the last 15 minutes of class. If you like variety and want to progress at your own level, then you will love this class!

Cardio Jam

45 minutes of a total body choreographed workout aimed to improve strength, aerobic fitness, coordination and balance. Average steps ranges between 4000 and 5500. You will kick, jab, cross, hook and uppercut your way to a stronger, fitter you and leave feeling energized both physically and mentally!

Gentle Yoga

Build balance and flexibility through a mix of standing postures and seated stretches. Learn to focus, breath and feel relaxed with Jen. This is a great beginner's class!

Pilates

Jen teaches a combination of core strengthening Pilates exercises (abdominal and leg work) to increase strength and coordination of body movement.

Zumba® with EL (Erica-Lynn) Morea

Come join EL for an energized, dance and cardio inspired fitness class! Where you can let loose on the studio floor and burn calories at the same time! EL's class has helped women and men alike to be able to find a fun and effective fitness routine where they can enjoy their workout and loose the weight at the same time!

Restorative Yoga

A form of passive yoga that makes use of props to support the body as it releases into poses over several minutes. This type of practice encourages release in the muscles and offers deep stretching. The class will include soft lighting, relaxing music, aromatherapy, and some hands-on assists.

Danxcise

This class is 45-minutes of non-stop choreographed dance and exercise movements.

Zumba® Gold

Toning. Active older adults who are looking for a modified **Zumba®** class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!