

Group Exercise Class Descriptions



- **Better Balance (45 min)** This class includes workout techniques inspired to improve balance. It focuses on low-impact movements designed to strengthen your body in ways that few other workouts can.
- **Body Burn (45 min)** A total body workout using an array of equipment to build strength and cardiovascular endurance.
- **Body Care (45-60 min)** After a long hard week of exercising, it is important to take time and implement self-care. This class offers relaxation and self-alignment to help improve circulation, build better breathing techniques, and increase flexibility.
- **Cycle Sculpt (45 min)** Group Cycling offers an individual workout in a group exercise setting. This supervised aerobic training session on indoor cycles includes endurance work, intervals, and strength work.
- **Fiery Cycling (50 min)** An intense and challenging cardiovascular workout focusing on endurance and strength by simulating an outdoor bike ride. ****IT IS RECOMMENDED TO CALL ONE DAY BEFORE TO RESERVE YOUR BIKE FOR THIS CLASS 919-938-7581****
- **Flex & Stretch (30 min)** A relaxing class that combines breathing, balance, and stretching to improve flexibility, and body alignment, and soothe stiff joints and tight muscles.
- **Interval Training (45 min)** Incorporating intervals of cardiovascular exercises alternated with dynamic muscular strength exercises utilizing a variety of weight equipment, bands and your body weight. No class is ever the same. Your body will love the variety!
- **Kickboxing (60 min)** Kickboxing techniques, punches, and kicks, guaranteed to improve your cardiovascular endurance, enhance your coordination, get you sweating!! Whether you're a beginner or an experienced fitness enthusiast, this routine is suitable for all levels, with modifications provided for every move.
- **Lift 45 (45 min)** 45 minutes of strength training that targets specific muscle groups each session.
- **Line Dancing (60 min)** Cardiovascular workout incorporating fun line dances. It's a workout for the mind and body. All levels are welcome. This class is hybrid meaning it is offered in-person and online through Zoom (access code: 590 144 5794)
- **Lower Sculpt (45 min)** This class is designed to provide cardiovascular, resistance and flexibility training all in one. This class contains low- impact aerobics, enabling you to work on flexibility while also focusing on body shaping.
- **Lunch Stretch (30 min)** We all desire a good stretch and why not get it in during your lunch? This class will increase your flexibility and mindful reset during the day to get you through.
- **Reboot (45 min)** Need some new motivation? Let's help you REBOOT! An intense training program for individuals looking for an extra push to help reach their goals with our Health & Wellness Specialist Staff. Using non-conventional training equipment to focus on agility, balance, mobility & visible results that allow the body to shed fat, boost energy, and maximize endurance!

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- **\$ Restorative Yoga (60 min)** Relax and renew in this peaceful 4-week Restoration Yoga Series. Journey through supported poses, holding each for 5-15 minutes while focusing on breath and calming the mind. Leave feeling refreshed, relaxed and focused.
- **Rise & Tone (30 min)** A varied strength training session to build muscle and develop strength and endurance.
- **SilverSneakers Circuit (45 min)** Standing circuit workout to increase cardiovascular and muscular endurance using hand weights, elastic tubing with handles and a SilverSneakers ball and incorporating non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises.
- **SilverSneakers Classic (45 min)** Varied exercises to increase muscular strength, range of movement, and activity for daily living skills using hand weights, elastic tubing with handles, and a ball. A chair is used for seated or standing support.
- **Silver Stretch (45 min)** A relaxing class that combines breathing, balance & stretching to improve flexibility, body alignment, and soothe stiff joints and tight muscles. A chair will be used to stand beside, behind or sit in while stretching the body from head to toe.
- **SSS (60 min)** Strength, Stretch and Stability! SSS will get you stronger, more flexible and better on your feet. A fully packed class to get you through the rest of your day.
- **Super Sizzle (30 min)** This class is designed to provide straight 30 minutes of cardiovascular exercise to help improve your overall cardiovascular endurance.
- **Tone It Up (45-60 min)** This class is designed to provide 45-60 minutes of strengthening and toning along with a burst of cardio mixed in to help improve your overall endurance. Great for all fitness levels.
- **Walk 15 (30-45 min)** Taking the best features from low impact, aerobic style, group exercise, Walk 15® group classes keep it easy to follow but effective in results with our exclusive 15-minute, BIG Calorie-Burning Miles system! Open to all ages and all fitness levels.
- **Yoga (60 min)** This class focuses on relaxation, deep stretching, and breathing. Incorporating the same principles of traditional Hatha Yoga, the poses used are meant to relax and calm the body. All levels of “yogis” will enjoy this mat yoga class.



514 N. Bright Leaf Blvd.
PO Box 1376
Smithfield, NC 27577

HealthquestNC.org
919-938-7581

GF: Gym Floor
AR: Aerobics Room
MP: Multipurpose Room

TL: Training Loft
CR: Cycling Room

HEALTHQUEST

FITNESS & WELLNESS CENTER

Water to Land Classes 2025

\$ BPM is a total fitness program consisting of twice weekly exercise sessions with a certified Movement Disorder instructor. *Pre-registration required for BPM.

Boxing 101 (45 min) An introduction to the basics of boxing. Build a strong foundation on the fundamentals of form, stance, and conditioning all while working up a sweat, one round at a time!

Cardio Care (60 min)- This class will improve cardiovascular fitness and overall health. It will involve rhythmic and repetitive movements that increase the heart rate and oxygen consumption.

Chair Stretch (45 min)-Guided exercise class that focuses on gentle stretching movements performed while sitting on a chair or using it for support. This class is designed to improve flexibility, mobility, posture, circulation, and overall well-being—all while minimizing strain on the joints and muscles.

YoPi (45 min) Combining the principles of Yoga and Pilates to build muscular endurance and flexibility, target balance by correcting form and posture, and improve joint integrity and overall body alignment.

Meditation in Motion (30 min) Set the tone for your day with gentle movements by listening to your body and enjoying a few moments of stillness. Focusing on breathing techniques and mindfulness, this class is appropriate for all skills levels.

W2L (45 min)- Water to Land is a class created to highlight how water and land exercises both support strength, mobility, and wellness. This class will explore the health benefits of swimming, the roll of land exercises in aquatic training, and how dry-land workouts can sharpen your swimming techniques.