

# Group Exercise Class

## Descriptions

- **Beginner Cycling (60 min)** Beginner cycling is a stationary bike workout specifically designed to mimic an outdoor cycling workout. The instructor will guide you through the class taking you through flat riding, hill climbs and sprints and answering any questions you may have about set up.
- **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.
- **\$ BPM (60 min)** BPM is a total fitness program consisting of twice weekly exercise sessions with a certified Movement Disorder instructor. \*Pre-registration required for BPM.
- **Cardio Dance (45-60 min)** High intensity exercise class combined with dance, core and strength training. No prior dance or physical training experience!
- **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.
- **Fiery Cycling (50 min)** An intense and challenging cardiovascular workout focusing on endurance and strength by simulating an outdoor bike ride.
- **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.
- **\$ F.O.R.M. (45 min)** Level Up Your Fitness! Join our 12-week trainer-led workshop to build strength, confidence, and lasting healthy habits. Each week features a new topic and workout—perfect for all fitness levels. It's a rolling program, so jump in anytime and start your journey!
- **\$Heart Strong (30 min)** This dynamic program offers a wide variety of activities, workouts and support to help you stay active and motivated after completing your Cardiopulmonary Rehab Program.
- **HIIT FIIT (45 min)** This is a total body circuit that fuses boxing inspired cardio and functional strength training. All new members please arrive 5-10 minutes early to get your hands wrapped.
- **Interval Training (30 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!
- **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)
- **Morning Mashup (45 min)** Join one of our talented instructors as they bring their favorite aerobic styles to energize your healthy journey. Mix up your cardio routine with exciting mashups of Latin dance, line dance, strength & conditioning, and so much more!

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- **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.
- **Rise & Grind (45 min)** Get up and get at it!!!! This class is a mix of HIIT (high intensity and interval training), strength training, and cardio in various areas of the facility. See the class schedule for locations for each day. It's time to Rise & Grind to start your day. (45 min)
- **Rise & Tone (30 min)** A varied strength training session to build muscle and develop strength and endurance.
- **Circuit (45 min)** Standing circuit workout to increase cardiovascular and muscular endurance using hand weights, elastic tubing with handles and a small exercise ball to incorporate non-impact aerobics choreography. A chair is offered for support, stretching, and during 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.
- **Yo Pi (60 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.



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

TL: Training Loft  
CR: Cycling Room