

Group Exercise Class Descriptions

Revised 1/11

Inclement weather policy

If Wake or Harnett county schools are on a delay or cancelled, classes could be cancelled due to weather conditions. Please check with the front desk by calling ClubWorx at (919) 567-3400.

30/30/30: Bring out the triathlete in you! This class starts in the pool for 30 minutes, then moves to Rev room and cardio deck to finish the workout. You are welcome to join any section of the class with proper warm up.

BODYCOMBAT™ : a mix of 11 different disciplines of Mixed Martial Arts, this is an endurance cardio class where you become totally unleashed!

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYPUMP™ : is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Cardio Crunch (CC): Get 30 minutes of heart pumpin' cardio to burn fat and tone your body leaving time for "All Abs" the second portion of class! It's sure to get your heart rate up!

Circuit Training (CT): A new class for all levels of participants! This class will consist of 12-15 stations which will alternate between cardio and strength training in one minute intervals at each station. You'll be amazed at how hard you can work and the results you'll gain by alternating your levels of intensity.

Core & More (C&M): Instructor's choice of Pilates, core & back exercises with a combination of either upper or lower body in a 45 minute class. Participants should come away with easy to implement techniques that address core strength, muscle endurance, range of motion/flexibility, joint stability, balance, coordination, and more..... all with minimal or no equipment.

Morning Grind (MG): Jump start your day with a combination of cardio, strength and core work that changes weekly. A sure way to wake you up and make you ready to attack the day.

The Movement Series (M & SM): Whether you're looking to improve or transition into a regular workout routine or to maintain your current level of fitness, The Movement Series is an excellent choice. Movement (M) workouts will assist you in regaining or maintaining your cardiovascular endurance...you pick the intensity! Strong Movement (SM) consists of functional strength training for members new to strength training as well as those ready to push their limits.

N10C : Tread and Shed meets Group Strength Training for one INTENSE cardio cross training circuit style class. Come prepared to sweat.

Pilates (P): Pilates mat exercises concentrating on the "powerhouse" for core strengthening along with stretching make this class a great non-impact workout you don't want to miss.

RevMaster (RM): Start pedaling and let go as your instructor takes you on a tour de France. This exercise class on stationary cycles is perfect for any fitness enthusiast. Class size is limited so get there early to set up your bike. **RM75** is longer in duration – get ready for an endurance ride for 75 vigorous minutes!

Rev/Run: Do you like to run and cycle? Then join us for this one hour class where you start out revving and run your way to the finish line. Held indoors or outdoors weather permitting.

Step (S): A great workout using the Reebok Step. Class includes warm-up, step choreography and cool-down for pure cardio.

Tread and Shed (TS): Designed to accommodate all levels of walkers and runners. Experience the different combinations of inclines and speeds that a club treadmill can offer. Class size is limited.

20/20/20 (TTT): Do you like everything but don't have the time? This cross-training format is designed to maximize your aerobic training. A triple combo class that incorporates three- 20 minutes segments of any of the following: step, kickboxing, hi/lo, sport conditioning, and or strength training is guaranteed to keep your heart beating. Each individual instructor calls the shots so it's new and fresh week to week.

Yoga (Y): Yoga classes at Clubworx generally follow various styles such as Hatha Raja and Kripalu disciplines. Each instructor is unique in their teaching. Come try them all.

Zumba (Z): Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!