



GROUP X CLASS DESCRIPTION

Level: I Beginner

Sculpt Level: I-III

Body Sculpting for all levels from beginners to advanced. Learn the correct way to use free weights, bands, and bars to tighten, firm and increase lean body tissue while decreasing body fat. Special target areas include glutes, abs and shoulders.

High Fitness Level II-III

High Fitness is a fun aerobics fitness class that incorporates interval training with music you love and easy to follow fitness choreography.

Pilates Level: I-III

Pilates is a low-impact exercise method focused on building core strength, flexibility, and overall body alignment. It involves controlled, precise movements that target muscles through stretching, strengthening, and stabilization. Pilates can be done on a mat or using specialized equipment like a reformer. It's great for improving posture, balance, and muscle tone.

Silver Sneakers Level: I

Silver Sneakers (SS Combo) is a fitness program designed for older adults, focusing on strength, flexibility, balance, and coordination. Classes are low-impact and may include exercises using chairs, resistance bands, and light weights. It's a fun and social way to stay active and maintain mobility.

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Level: II Intermediate

Spin Level II-III

A spin class is a high-energy indoor cycling workout led by an instructor. Participants ride stationary bikes, adjusting resistance and speed to match the music and instructor's cues. It's a cardio-intensive class that improves endurance, burns calories, and strengthens the lower body. Spin classes often include intervals, hill climbs, and sprints.

TRX Level: II-III

TRX (Total Resistance Exercises) is a suspension training system that uses straps and your body weight to build strength, balance, and core stability. The adjustable straps are anchored to a point, and you perform exercises like squats, rows, and planks while leveraging gravity. It's great for full-body workouts and can be modified for all fitness levels.

Yoga Level: I-II

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation to improve flexibility, strength, and mental well-being. It can range from gentle and relaxing to more vigorous and challenging, depending on the style. Yoga promotes relaxation, reduces stress, and enhances body awareness.

Strength Mobility Level I-III

Strength Mobility is a balanced, intentional workout designed to build muscle while improving flexibility and joint function. This class focuses on controlled strength training paired with mobility work to help you move better, feel stronger, and reduce stiffness.