

Groton!



Groton

Aerobic Classes are a group activity. Please follow the class policies so that everyone can receive a safe, effective and enjoyable workout..

1. Follow the routine. It is distracting and discourteous to your fellow members and the instructor when you do your own.
2. Be on time –if you miss the warm-up period, (10 minutes after the start of class), please do not enter. The warm-up is very important to avoid injury.
3. Be considerate of another member's space. Do not crowd a member who has come to class before you.
4. Participants are not allowed to reserve or save spaces.
5. Keep conversation to a minimum during class.
6. Wait until the previous class has finished before entering the classroom-unless you are entering to participate in the floor work (e.g., abdominal exercises) part of the class.
7. Shoes and Shirts must be worn at all times.
8. Gym bags should be stored in the locker room or off the studio floor.
9. Only unbreakable, enclosed drinking containers are allowed in the studio.
10. The use of a towel is requested.
11. Please be familiar with your training heart rate and pulse monitoring before participating in any class.
12. Ask the staff for assistance if you do not know your training heart rate.
13. Please notify the instructor before class if you have any special needs or consideration (back or knee problems, pregnancy, diabetes, etc.)
14. **IN THE EVENT OF SNOW OR INCLEMENT WEATHER-PLEASE CALL FIRST**

WOW! WORK OUT WORLD! Group Fitness Class Descriptions

AEROBICS

Intermediate Step & Step Moves

A powerful fat burning class utilizing challenging step patterns and a mixture of ballistic and non-ballistic movements to give you a safe, but invigorating workout! "Plus" includes some anaerobic & multi-impact drill segments...to turn up the heat!
(Intermediate)

ZUMBA:

An international dance fitness class designed for all levels!! Come join the party!!
(Note: Non-verbal class...music is loud!)

WOW!-BO (Kickboxing)

Uniquely blends basic self defense techniques, contemporary moves and boxing techniques with no complicated choreography!
Come enter the 'next level' of fitness! **(All Levels)**

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
(All Levels)

Spin/Group Cycle:

Group Cycling is an exciting, athletic training program that utilizes the most innovative sports psychology, including guided imagery, visualization and other motivation techniques to prepare both the mind and body for ultimate performance.
(All Levels)

If you are unable to attend, a SPIN class, for which you have reserved a seat for, to avoid being charged for that class please notify the front desk at least (4) hours in advance of the class start time.

CONDITIONING

ON THE BALL

With the help of the 'resist-a-balls', tone, tighten and shape all areas of your body. Instructions are simple and all are encouraged to work at their own level! **(All Levels)**

BODY SCULPTING

Utilizes hand held weights, bands, or tubing for resistance training to enhance muscular development and strength to change the shape of your body. Sculpting segments have cardio interspersed between sets. **(All Levels)**

20/20/20, Cardio Mix, "30-30-30" & Cardio Interval Blast

Segments of various cardiovascular and strength training components such as low-choreography, high intensity step aerobics, advanced weight resistance strength training work, cardio-kickboxing, or sports conditioning. A powerful hour of conditioning and strength training you won't soon forget! **(Intermediate)**

Group Power: Group Power is your hour of power!

This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Discover results...discover **GROUP POWER!**
(All Levels)

MIND & BODY

"Bliss" Yoga/Hatha Yoga/Vinyasa Yoga

One of the 6 major branches of yoga. Achieve physiological, mental, and spiritual strength as you journey on a path to self-awareness while practicing meditation, poses, and breathing -a great stress management class! **(All Levels)**

Yoga-Lates

A Mixture of modified Yoga sequences combined with core strength training. A blend of Yoga and Pilates!
(All Levels)

Yoga-Fit @

Tightens and tones the entire body. Enhances balance, improves flexibility and strengthens the core. A mind body workout that improves health, athletic performance and mental acuity.
(All Levels)

Isolate, activate and condition deep muscle groups! Tones all **(All Levels)**

HOURS OF OPERATION

Monday - Friday: 5:30am - 10:00pm
Saturday: 7:00am - 6:00pm
Sunday 8:00am - 4:00pm

WOW! WORK OUT WORLD

34 Plaza Court, Groton, CT 06340
(860) 448-2300

For class schedules and more WOW! Information, checkout our website! Please visit us at <http://www.workoutworld.com>