

Group Fitness Class Descriptions

SAFC Core Training Functional Core Training, Pilates, and Yoga blend to an inspiring beat! Discover a whole new approach to abdominal and core (abs, back, hips) training vital to good posture!



If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get a Move On!



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. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power! Power Up!



Ditch the workout, join the party! This low impact dance workout is with a hot and spicy latin beat and packed with fun! You'll tone your entire body, burn fat, all while learning the best international dance moves!



SAFC Cardio KickBox A knockout workout! This 60 minute fusion of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence. Energetic music, awesome instructors and a group experience will keep you punching, kicking, and smiling!



Group Centergy Redefine You Self with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile.



Discover new heights with Group Step! Utilizing the step platform at various heights, this 60 minute cardio program strengthens and tones the lower body one step at a time. Energetic music and motivating instructors create this funky group experience. Get a step up on your cardio workout with Group Step!



Hand-held weights, elastic tubing, and a ball are offered for resistance; and a chair is used for seated and/or standing support. **Silver YogaStretch** Yoga adapted to a chair. Deep breathing, total body toning and stretching!



SPINNING Indoor cycling but in a pack (like the cyclists on the road!) with motivating music and instructors, all adds up to incinerating calories and bodyfat! Novice? No worries—beginners workout right next to advanced by modifying the resistance and speed. All fitness levels enjoy an exhilarating cardio workout just right for their individual goals! Arrive early to "size" up your bike; bring a towel and water bottle!



SAFC Yoga or Pilates Inhale.... exhale....engage your core! Grow longer and stronger as you explore this 60 minute journey of mind-body-spirit movements. Open your joints for better mobility and less pain—you'll stand taller, move better, and breath deeper. Empower yourself to take control of your health and wellness with Yoga or Pilates!



3980 RCA Blvd.
PBGardens, FL 33410
SW Corner of Alt. A1A & RCA Blvds.
www.stayinalivefitness.com
561-626-7711

Have you met our
Coached Elite Fitness Team?

Catch the BUZZ!

Expect RESULTS, pay less!

Unlimited Fitness Coaching
Just \$25 per week!

Hurry! Special ends soon!

Schedule your complimentary workout at the front desk!

Schedule Effective Sunday, February 27, 2011

Group Fitness Class Descriptions



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GROUP CENTERGY Redefine You Self with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile.



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Silver Pilates Chair Pilates adapted to a chair. Focus is on alignment, breathing, core stability, lengthening, and fluidity.

Silver YogaStretch Yoga adapted to a chair. Deep breathing, total body toning and stretching!



Studio Cycle Indoor cycling but in a pack (like the cyclists on the road!) with motivating music and instructors, all adds up to incinerating calories and bodyfat! Novice? No worries—beginners workout right next to advanced by modifying the resistance and speed. All fitness levels enjoy an exhilarating cardio workout just right for their individual goals! Arrive early to "size" up your bike; bring a towel and water bottle!

Pilates Inhale..... exhale....engage your core! Grow longer and stronger as you explore this 60 minute journey of mind-body-spirit movements. Open your joints for better mobility and less pain—you'll stand taller, move better, and breath deeper. Empower yourself to take control of your health and wellness with Pilates!



6185 Jog Road
Lake Worth, FL 33467
SW Corner of Lantana & Jog Rds.
www.stayinalivefitness.com
561-439-1042

Have you met our new
Coached Elite Fitness Team upstairs?

Vlad, Kenny, Lamar, TJ, Anthony, Brandon, &
Tre

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Schedule Effective Feb. 1, '11