

Group Fitness Class Description 2024

Cycle- Cycling allows you to train and challenge your aerobic and anaerobic -fitness levels in an energetic, group setting. Class focus can combine any variety of endurance, strength, intervals, high intensity, and recovery

Total Body - This total-body workout is achieved through high-repetition movement and non-cardio exercises. Look forward to improved muscular strength, increased bone density, and strength.

Glute gains- This 45-minute class integrates a variety of exercises that specifically target the glutes, giving you a serious lift.

Pilates – This class consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance.

Sculpt and Cycle- Sculpt and cycle is the perfect combination. Increase your stamina and your cardiovascular system with the spin portion of the workout then get ready to build muscle with the sculpt piece.

SHiNE Dance Fitness - You don't have to be "a dancer" to dance with us. Come as your authentic self, and let the music and moves melt away your stress for a little while. At SHiNE, we believe it's in our imperfections that we find our deepest connections, on the dance floor, and in life. Our original choreography is the perfect balance of cardio and toning, designed to follow a HIIT format. You will sweat until you sparkle, and have fun doing it!

Strength and Speed - Improve the strength of your heart and body with this class. Strength and Speed will challenge your strength through traditional free-weight exercises and get your heart pumping with cardio drills that will increase your fitness level.

Yoga - Incorporate conscious breath-work and balance poses to stretch and strengthen the body. Your instructor will guide you through the movements to build strength, flexibility, and balance.

Small Group Training Previews 2024

Take a sneak peek of our small group trainings at the dates below.

Beach Bod - Beach Body" focuses not only on physical strength and endurance but also on fostering a positive mindset about one's body. Join us in creating a supportive community that celebrates the diversity of bodies, encouraging each participant to feel confident, empowered, and ready to hit the beach with pride.

- **Preview** – January 29 @ 5:00 pm

Self-Defense - In a world where personal safety is paramount, it's time to equip yourself with the knowledge and skills to protect yourself. Welcome to our empowering Self-Defense Training, where you'll learn essential techniques and strategies that will enhance your awareness and empower you to stand tall. Led by our instructor with real-world experience, our Self-Defense Training will provide you with practical self-defense skills that are effective and adaptable to various situations. You'll gain the tools necessary to keep yourself safe and secure from mastering striking techniques to learning effective escapes and defenses. This class is for all fitness levels.

- **Preview** – February 19 @ 5:00 pm

Zero to 5k - Ready to lace up your sneakers, conquer your doubts, and become the ultimate running sensation? Look no further than our exhilarating Zero to 5k program, designed to take you from absolute beginner to confident runner! Our trainers are dedicated to guiding you every step of the way as you conquer new distances, push your limits, and unleash your inner athlete. They will provide tips for your 5k from nutrition to training regime. After the program, we will give you a list of local 5ks. The benefits of this program include high-calorie burn, improved cardiovascular endurance, stress relief, and 5k preparation. This class is for all fitness levels.

- **Preview** – February 20 @ 7:00 pm

Beginner Strength Training - Step into a supportive and motivating environment where we celebrate and embrace the incredible strength of YOU! Discover the remarkable benefits of weight training as we help you build lean muscles, boost your metabolism, and enhance overall strength and endurance. Bid farewell to the fear of bulking up - we're here to empower you with the knowledge and techniques to sculpt a strong physique that radiates confidence. Welcome to Weights teaches proper weight-lifting etiquette, technique, and routine. Our certified trainers are dedicated to guiding you through a transformative weight training journey. Anyone can register for this small group training. This class is for all fitness levels.

- **Preview** –April 3 @ 5:00 pm