



Group Fitness Classes

at Vista Grande Community Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
W-F 10:30 am 	New! 9:30 am Strength Train (dumb bells & stability ball)		(10:30) Strength/HIIT Cardio	(10:30) Bands, Balance & Bodyweight	(10:30) Cycle Strength Combo (1:15)
5:45 pm 	Cycle/Strength Combo		Indoor Cycling		

Strength Train: Benches, stability balls and dumb bells are used for dynamic - metabolic strength training. This one-hour total body workout builds strong lean muscle and burns calories. A variety of strength training modalities are used along with a constant core challenge. All levels are welcome. Modifications are shown and encouraged.

Bands, Body Weight & Balance: A wonderful mix of seamless exercise combinations using bands with handles, your body, and balance movements for an hour.

Strength/HIIT Cardio: One hour of total body conditioning! This class is a mighty mix of strength training and cardio Super-set metabolic strength training with challenging weights and fun, high-intensity cardio driven intervals in varying formats. Plyometrics, kickboxing, Tabata and sports acceleration styles of training are used. Low impact options are shown.

Indoor Cycling: Burn calories and increase fitness with indoor cycling. If you can hike, use an elliptical, or walk your dog you CAN ride a bike! Experienced instructors fuse motivating music and outdoor riding techniques for a sweat-driven workout. Indoor cycling is based on self-guided intensity so anyone can join the class and go at their own pace.

Cycling/Strength Combo: This class is the best of both worlds! Instructors with over 25 years cycling and strength training experience guide you through 40 minutes of interval cycling followed by super-set, metabolic strength work using challenging weights and core training. All levels are welcome and modifications are shown.

**Bring water and a towel to cycling classes. Bikes have SPD clips, HR, MPH, Kcal and cadence monitors.*

**You can burn 500-600 calories per hour with indoor cycling!*

Class Packages:

First class **FREE!**

- Drop in: \$8/class
 - 10 class pack: \$70
 - 20 class pack: \$100
- *packages expire 6 months from purchase*

Becky MacGregor, NASM CPT, CES, BCS, WMS

beckymacg@msn.com

480-540-3380

Get In - Get Fit - Get Results!

