

CLASS DESCRIPTIONS

All fitness and experience levels are welcome!

All classes are one hour and incorporate an appropriate warm-up and cool-down/stretch. When an instructor is absent, we make every effort to offer a similar class. However, at times we may need to substitute another class to maintain the offering. So that we can adjust exercises and movements for you, before class begins please inform your instructor of any physical limitations you may have. Please wear clean indoor athletic footwear in the studios and store outside clothing and bags in the locker room. If you have any questions or concerns email info@stayforeverfit.com.



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!



Group Ride lets everyone finish first. Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 50 minute cycling program is geared for anyone that can ride a bike. As always, the motivating music, great instructors and inspiring group environment lets you Ride On!



Group Kick brings it on! This electric 60 minute fusion class 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 environment will keep you punching, kicking and smiling! Group Kick will knock you out!



Discover new heights with Group Step. Utilizing the step in many positions and heights, this compelling 60 minute cardio workout strengthens and shapes the lower body, one step at a time. Love the music, love the moves, love the instructors, together they create a spunky group experience. Step this way with Group Step!



Redefine your 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 Group Centergy!



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 with Group Groove!

FOREVER FIT

Fitness Center