



IT'S BETTER IN A GROUP!

Land Class Descriptions



The MOSSA Programs have been professionally developed by fitness experts to be safe, fun and effective for health clubs worldwide. Exclusively at Spiece in Fort Wayne, these licensed programs are recommended most by the Spiece Group Fitness Team.



The Best Place to Start! Group Active gives you all the fitness training you need in 55 minutes cardio, strength, balance and flexibility! Get stronger and healthier with inspiring music, weights, body weight and simple athletic movements. *Get Active* and *Get More Out of Life!* (All fitness levels with a focus on beginner to intermediate)



This 55 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 great for everyone! (All fitness levels)



Grow longer and stronger in this 55 minute journey of yoga and Pilates movements. Positive, uplifting music, group dynamics and supportive instructors enable you to center your energy, reduce stress and even smile. (Intermediate to advanced fitness levels)



Train like an athlete in 30 action-packed minutes. A strong core from your shoulders to your hips will improve your athletic performance, help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional exercises using body weight, plates, a towel and a platform. (Intermediate to advanced fitness levels)



This 55 minute fight burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at rapid-fire pace to smash your cardio fitness! This electric experience is addictive. **FIGHT FOR IT!** (Intermediate to advanced fitness levels)



Get your cardio fix with 55 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring! (Intermediate to advanced fitness levels)

Gravity* - Gravity is a 30 minute group strength class on the GTS. It engages all major muscle groups, never locking you into an isolated position. You will move quickly from one exercise to another, letting your muscles stretch and contract within the same movements, pattern. Facilitates functional resistance resulting in a fun and efficient workout. (All fitness levels)



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that runs for 45-55 minutes! (All fitness levels)

SPINNING® - Take a 45 minute cycling journey with us. All fitness levels are welcome to experience this class. Be sure to arrive about 5 minutes early for your first ride so your bike can be custom fit to your body. Water is mandatory! Heart rate monitors are recommended. Each ride is specifically designed to target endurance, strength or intervals. (All fitness levels)

SPIN® Orientation - Offered at 5:30 pm on Tuesdays and Thursdays, this 10 minutes prior to class allows the person who is new to Spin® to learn about the class, meet the Instructor and be set up properly on the bike. (All fitness levels)

Interval Training - Interval training has been proven to strengthen your heart and improve your metabolism in 55 minutes! Cardio exercises are alternated with strength segments during this one hour class. (Intermediate to advanced fitness levels)

Bootcamp - A total body workout incorporating strength and High intensity interval training, challenging you to new levels of your fitness journey weather you're a

New to Group? Complete two classes/week over 8 weeks and receive \$20 in Spiece Bucks (limit one).

beginner or a professional it's designed to push every skill to potential, while teaching proper lifting technique as well as more ways than imaginable to have successful workouts with only body weight! (Intermediate to advanced fitness levels)

Slow Flow Yoga - This 55 minute class is a slower paced yoga practice that focuses on basic alignment principles and proper breathing techniques. Increase your strength and flexibility. (All fitness levels)

Forever Fit Descriptions

Forever Fit includes recommended classes for members better than 50 and those wanting lower impact options. All classes offered in warm water pool are also recommended.

Tai Chi - Chen Style Tai Chi is a form of martial arts that has become a discipline for health, meditation, self-defense and self-cultivation. It emphasizes relaxation and inner calm rather than just strength, and Tai Chi can be learned by anyone, regardless of age, gender or athletic ability. Tai Chi improves circulation and balance and helps to strengthen the nervous system, increase range of motion, tone muscles and release tension. This is an hour and half class. (90 mins. All fitness levels)

Beginner Tai Chi - Designed for those new to Tai Chi who want to begin this fabulous journey. (75 mins. All fitness levels)

Sit 'N Sweat - This 45 minute class is designed to be a gentle aerobic workout. This is for the individual who is looking for improvement in health and fitness, but finds it difficult to stand.

Workout! This class is musically driven and combines cardio with strength training. Expect to get your heart pumping and body moving! Oh, and a side effect of Aqua Splash is a big smile! (All fitness levels)

Aqua Yoga - A 30 minute yoga workout in the water. Increase your mind-body connection and mental awareness. Increase your flexibility and find new balance in the greater range-of-motion and support the water provides. This class provides a great path to gain self-confidence and find a new sense of wellness. (All fitness levels)

Aqua MS - Specifically designed to work with those who have been diagnosed with MS. Attendants are recommended and FREE with MS participant. Also available for non-members by paying per class or purchasing a punch card.

Aqua Spree - This musically driven 45 or 55 minute class will spark your enthusiasm, help with your range of motion, work large muscles, use resistance equipment, increase your heart rate and be LOTS of fun with new and old friends! You may even find yourself singing along to the music. (All fitness levels)

Aqua Warm/Aqua Arthritis - A 45 minute low intensity routine designed to improve daily function and strength. It is an excellent workout for those preparing for or recovering from surgery or living with arthritis or fibromyalgia. This is taught in our Warm Water Pool.

Aqua Zumba - A 45 minute Latin-inspired, calorie-burning dance fitness-party™ in the pool. (All fitness levels)

Aqua Class Descriptions

Aqua Splash - A 45 or 55 minute all in one Cardio Aqua

Main Pool Breaks

The Main Pool closes for 10 minutes daily at:
7 am, 10am, 2 pm, 5 pm, 8 pm

Got Class? Statistics show that people who work out in a group get better, faster results and are more likely to stick with their program. That's why all classes on our main schedule (over 90/week) are **Free with Membership!** Ask us about our Fit Friend program and we'll help you get started.

Questions or Concerns? Email Lisa Click at lclick@spiecefitness.com or call us at 260.483.1415.