

Overview of Group Fitness Classes

- All group fitness classes are 50-55 minutes long unless indicated otherwise.
- Participants are advised to wear comfortable, flexible clothing and properly fitted workout shoes. This is to ensure safety and to make sure maximum benefits are gained.
- Participants must sign the Class Sign-In Sheet prior the start of each class.
- Participants must pay applicable fees or get passes/punchcards marked BEFORE each class.
- Participants are encouraged to bring their own equipment to each class. PTT will no longer provide equipment (floor mats, gloves, etc.) for group fitness classes. Equipment will be available to rent for a nominal fee* or can be purchased at PTT's Training Store. Please see Member Service Staff for more information.

BODY BLITZ

You're guaranteed to work all the major muscles of your body during this cardio-driven class. Led by a Certified Personal Trainer, this revitalizing, fitness routine consists of traditional, cardio, and dynamic compound exercises. The exercises vary from class to class to ensure your full-body workout is distinctive and invigorating.

Fitness Level – All, Coordination Level – Moderate, Equipment - Floor Mat

CARDIO KICKBOXING

Kickboxing blends aerobic, athletic drills with martial arts to achieve a total body workout. With an emphasis on fitness instead of competition, this class teaches the fundamentals of kickboxing while improving your strength, balance, flexibility, and coordination. Activities such as jabbing, punching, hitting, and kicking contribute to an intense cardio workout.

Fitness Level – Moderate, Coordination Level: Moderate, Equipment Needed - Boxing Gloves & Floor Mat

CROSS TRAINING

By engaging in various exercises for intense, brief phases followed by short rest periods, Cross Training gives you a full body workout. Rather than developing specific body parts or energy systems (aerobic vs. anaerobic), different muscle groups are challenged as you alternate from station to station. You also reduce the risk of injury when the bulk of training is distributed among various muscle groups. This class is geared towards increasing your strength, endurance, stamina, flexibility, agility, and coordination. Instructed by a Certified Personal Trainer, Cross Training allows you to challenge yourself and be happy with the results.

Fitness Level – Moderate, Coordination Level – Moderate, Equipment Needed - Floor Mat

PILATES

Through a series of precise, controlled movements and calculated breathing, Pilates strives to create a harmonization of your mind, body, and spirit. This mat class focuses on improving your core strength, coordination, and concentration. Your Certified Pilates Instructor uses low-impact exercises to maximize your abdominal strength while toning and increasing flexibility in the rest of your body. You'll leave this class feeling energized and serene.

Fitness Level – All, Coordination Level – Moderate, Equipment Needed - Floor Mat

NEW* PILATES FUSION *NEW

Incorporating the core-strengthening methods of traditional Pilates with various dance and toning techniques, this class steps up the fun-o-meter another notch! With a Drexel Performing Arts Dance Scholarship recipient and Certified Pilates Instructor as your guide, this class gives you a cardio-workout in an unscripted format that will rejuvenate and inspire you.

Fitness Level – All, Coordination Level – Moderate, Equipment Needed - Floor Mat

NEW* CHISEL-N-FIRM *NEW

Using ankle and wrist weights with muscle conditioning exercises, this fast-paced, cardio class tones and shapes all your major muscle groups. You'll see an increase in strength and endurance while sculpting your muscles to a more defined look - without building muscular size or bulk. This class helps retain lean muscle tissue and boosts your metabolism. The results you get are bound to motivate you.

Fitness Level – All, Coordination Level – Low, Equipment Needed – 3 or 5 lb. Wrist and Ankle Weights & Floor Mat

YOGA

Yoga is a classical Hindu practice that teaches you how to quiet your mind by placing attention on your breathing, stillness, and movements through a series of physical postures and poses. This blend of Hatha-Vinyasa Yoga safely stretches your muscles while increasing the fluidity and movement of your joints. Your instructor will lead you through the deep, mindful breathing exercises that welcome peaceful thoughts and allow your body and mind to relax. You'll walk away revived as stress and tension is released from your muscles. Athletes, in particular, can reap the benefits from this class, as it has proven to substantially increase agility, endurance, concentration, confidence, coordination and all-round performance.

Fitness Level – All, Coordination Level – Moderate, Equipment Needed - Floor Mat

YOGA ON THE RIVER

Held on the banks of the scenic Delaware River from April to October, this Saturday morning class is the perfect way to start the weekend. It combines all the benefits of a typical yoga class with the tranquil fulfillment only Mother Nature can give. (See the Yoga Class Description.)

Fitness Level – All, Coordination Level – Moderate, Equipment Needed - Floor Mat

NEW* EXPRESS YOGA *NEW

Start your day with this refreshing, energizing workout. Forty (40) minutes long, this class is designed to give you all the rewarding benefits of a regular yoga class in a shorter period of time. (See the Yoga Class Description.)

Fitness Level – All, Coordination Level – Moderate, Equipment Needed - Floor Mat

NEW* SilverSneakers[®] MUSCULAR STRENGTH & RANGE OF MOVEMENT (MSRM)¹ *NEW

This group exercise class consists of equipment-based, total body conditioning workouts. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Fitness Level – All, Coordination Level – Low, Equipment – None

ZUMBA

Join this Latin-inspired dance group fitness class and see what all the buzz is about! As the exhilarating music gets your blood pumping, this high-energy, aerobic workout will be more fun than work. Your Certified Zumba Instructor gives you a full body workout by leading you through a combination of fast and slow paced moves that will have you burning an average of 369 calories per class!

Fitness Level – All, Coordination Level – Moderate, Equipment – None

**All rental equipment is available on a "first come/first serve" basis. PT Transformations reserves the right to charge the participant full value for any rental equipment not returned the same business day or in the same condition as it was received.*

¹*SilverSneakers[®] is a registered trademark of Healthways, Inc. The Muscular Strength & Range of Movement (MSRM) group fitness classes are included with eligible SilverSneakers Fitness Program Memberships. SilverSneakers Members can enjoy all of PT Transformations' other group fitness classes for a low, monthly fee. Please contact Member Service Staff for more information.*