

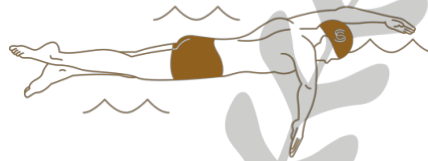


GROUP FITNESS CLASS DESCRIPTIONS

Pre-Opening Subject to Change

Aquatics | Barre | Boot Camp | Boxing | Cycling | Dance | HiIT | Pilates | Power & Strength |
Running | TRX | Hot Yoga | Yoga

The Sporting Club will unveil 8 world-class group fitness studios for all members to enjoy, included in your membership.



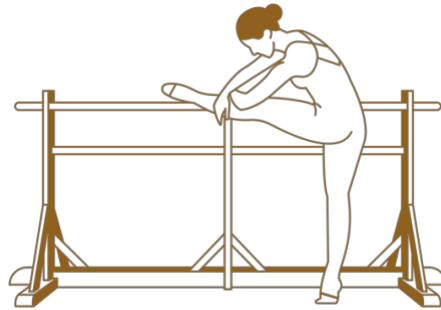
AQUATICS

Aqua Fit- Full body workout using aqua weights and your body's natural resistance to build strength and stamina, as well as improve balance.

Aqua Zumba- Joint-friendly and fun dance party as you enjoy Latin rhythms to improve cardio conditioning and stamina.

Lap Interval Training- Swim-based workouts for dedicated and aspiring swimmers which will utilize kickboards and push plates in customized workouts.

Masters Swim – Improve technique and endurance with Masters Swim workouts for beginner to experienced swimmers.



BARRE

Barre Fusion- blends barre, cardio, and toning exercises, this class uses ballet- and Pilates-inspired moves to give you a full-body cardio and strength workout.

Barre HiIT Cardio- Fluid, dynamic, barre-focused movements of this class are sure to get your heart pumping and improve your flexibility and endurance.



BOOT CAMP

Boot Camp- Dynamic stations on the treadmills, bikes, assault bikes, and ski ergometers followed by circuits and core training. Ropes, kettlebells, weights, and plyometrics will be deployed to tone muscle, maximize fat loss, and challenge yourself.

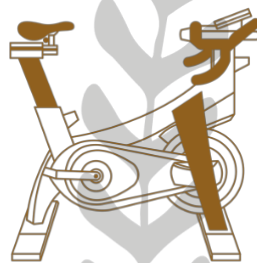


BOXING

Boxing Fundamentals- Train like a professional, practice the punches, and work hard while refining boxing fundamentals and conditioning.

Boxing HiiT It!- High-intensity, total body boxing blitz. The class combines boxing drills with conditioning circuits, jump rope, and core work.

Boxing Strength- Full-body boxing and strength class incorporating targeted strength training, plyometrics, and core work using the bags and weights.



CYCLING

Cycling HiiT & Hills- Cycling class amped up to include fast-paced intervals and hill training. Maximize cardio strength and lower body power!

Cycle Power- Push your pace and power to compete against yourself or fellow members.



Cycling Rhythm- Ride in unison with the beat on state-of-the-art Stages Spin bikes. Tap back, sway, and crunch during the ride and sync up with your instructor and other riders while you focus on the beat and enjoy the energy of the music.

Cycle + Strength- Alternate between cycling and strength for this rhythmic ride workout experience.

DANCE

Dance Cardio Party- Experience all the cardio you can handle to get your heart rate pumping. A hybrid of dance choreography and cardio exercises set to music workout to keep your body in constant motion.

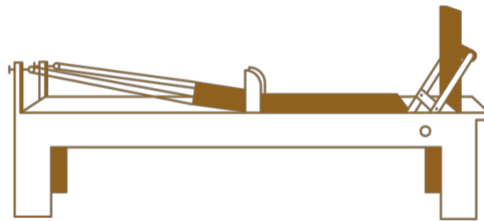
Zumba- Move to the hypnotic rhythm of Latin and international music. Enjoy this muscle-pumping, calorie-burning blast as you lose yourself in the music and find yourself in shape.



Hiit

Hiit & Power- Maximize cardio conditioning and burn calories with timed intervals of quick, high-intensity exercises, followed by short, active recovery.

Hiit The Hills on the treadmills- This exciting and unique class will challenge you to build power by working on hills and varying terrain. Your cardio endurance will improve, and you'll develop running speed and power on the energy-efficient slatted treadmills.



PILATES

Mat Pilates- Full body workout with a focus on the entire core to create long lean muscles. Pilates Mat is performed on a mat on the floor and achieves results by using gravity and your body's own resistance.

Pilates Abs & Glutes Express- Tone, define, and sculpt your core and glutes on the Max Reformers.

Pilates Reformer - Challenge stamina and strength through continuous movement and flow in this Pilates experience on our Max Reformers. Pilates will sculpt lean muscle, improve postural alignment, and increase flexibility.



POWER & STRENGTH

Abs & Glutes- Strengthen and chisel these essential muscle groups. Core training to increase functional movement stability and flexibility and glute work designed to fire up your glutes. Glute work will enhance definition and power!



Battle Ropes & Rowers – Full-body power moves will challenge your conditioning and build cardio output. Challenge your arms and abs in this all-out burnout!

Kettlebell Conditioning - Full body explosive workout to challenge strength and increase cardio output using kettlebells and plyometrics.

Power Plus- Cutting edge strength training workout with resistance bands, weights, body weight and kettlebells. Improve muscular strength, core stability, and performance.



RUNNING

Run + Strength- Running and strength circuit workout on the track to increase strength, speed, and cardio conditioning.

Track Sessions- Work out on our unique indoor two-lane track including warm up, running drills, and intervals to improve your running and cardio fitness. Our track is 1/11th of a mile and one of a kind in the Philadelphia region.



TRX

Full Body Sculpt & Shred- Carve up your physique with high-intensity training using weights, bands, and core exercises.

TRX & Core- TRX training with power moves and core focus. A mix of gravity resistance and suspension training provides the ultimate workout to train strength, endurance, balance, coordination, flexibility, and core stability.



YOGA & HOT YOGA

Align and Flow Yoga - Form focused yoga class takes you through a guided flow of poses, synchronizing your breath with traditional yoga movements.



Hot Yoga – Improve flexibility posture and alignment while detoxifying the body in a heated studio.

Restorative- Hatha Yoga, movement and breath alignment sets the foundation for a restorative practice to unwind, reduce stress, and reset your body and mind.

Yoga Sculpt- Incorporate strength and core stability in these flowing sequences that improve posture, alignment, and overall strength.

