

CARDIO / STRENGTH

BARRE: This class will introduce you to the principles of barre training, integrating the fat burning format of intervals, shaping technique of isometrics, micro-movements, and elongating principles of dance conditioning.

BOOT CAMP: A total body workout that is both cardiovascular and strengthening. The class uses plyometrics, calisthenics and agility training to give you the results that you've been looking for.

CARDIO BLAST: This class is all about getting your body moving and your heart pumping. Each class will offer a different, fun, high energy cardio workout!

CARDIO STEP: Use simple movements on, over and around the Step Platform. The cardio blocks will push fat burning systems into high gear and tone your lower body.

CARDIO/STRENGTH INTERVALS: This moderate to high intensity class is a fusion of cardio, strength, and core to develop your strength, and improve your cardiovascular function, all in one class.

CORE: An intense core workout, designed to build strength, stability and endurance in the muscles that support your core, including the abdominals, glutes and back muscles. The workout includes exercises that utilize bands, weight plates and body weight exercises like crunches, planks and hovers.

GROUP STRENGTH: A full body workout that targets all of the major muscle groups. You'll integrate strength, plyometric, and power exercises to produce stronger bones and muscles and increase metabolism. Be ready to get STRONG!!

KIDS IN MOTION: A 30-minute class for our youngest members! We'll run, skip, hop and jump while having fun. Games, yoga and stretching may be included.

LINE DANCE: Learn a combination of beginner and intermediate social line dances to a variety of genres of music. It's a fun and very social way to exercise. No partner needed.

RESISTANCE BAND TRAINING: A full body muscle conditioning workout using resistance bands to sculpt and tone the arms, legs, glutes and core. No muscle goes untouched. This is a tough class!

TRX: Challenge your strength, balance, flexibility and core stability with this total body workout. We use the TRX Suspension Straps, bodyweight and gravity to complete the exercises.

ZUMBA®: A Latin-inspired dance fitness class that incorporates a fusion of Latin and International music and easy-to-follow movements. The routines feature a combination of fast and slow rhythms that tone and sculpt the body.

CYCLE

HIIT CYCLE – One of the best cardio workouts ever! Climb, lift, sprint, and surge on the bike to motivating instruction and music. (30 minutes)

RHYTHM RIDE - An indoor cycling class choreographed to exciting music tracks. Follow the cadence of the music to enjoy a great cardiovascular workout.

PERFORMANCE RIDE - Cycle by numbers, This class is all about RPM's, gears, and heart rate. Pedal through flats, hill climbs, sprints, and other challenging drills to elevate you to the next fitness level.

MIND / BODY

GENTLE YOGA: Relaxing yoga with the assistance of props to support the body in releasing stress, tension, and support of the body. Anyone can benefit from this practice, which helps to increase range of motion and develop inner awareness. Emphasis is on movement throughout the class, Great for all levels.

HATHA YOGA: This class unites the body, mind, and breath while strengthening muscles, increasing flexibility and stamina, developing proper body alignment, improving concentration and increasing energy.

YOGA FLOW: An energetic, creative, full-spectrum vinyasa flow designed to build strength, stamina, and balance. A dynamic flow of postures synchronized with movement and breath to create a balancing effect.

PILATES MAT: This practice builds long, lean muscles and improves joint mobility, breath and alignment of the spine, Pilates utilizes the deep torso muscles of the core. Controlled movements help to build flexibility, core strength, and coordination. Magic circles, resistance bands, foam rollers, and pilates balls may be included.

STRETCH: A 30-minute class using foam roller, towel, and bands. Stretch your muscles and release fascia for maximum recovery and increased range of motion,

WEXER VIRTUAL CLASSES

On demand virtual classes are available in the Cycle Studio and Multi-Purpose Studio. Feel free to try a virtual class any time the studio is open. Use the kiosk on the wall to select your class. Enjoy!

PILATES REFORMER STUDIO PROGRAM

Use spring-based resistance to strengthen and lengthen muscles with control. Designed to give you a strong core, deep muscle development and body awareness. This full-body workout will transform the way you look and feel. Be prepared to have fun while improving your flexibility, muscle tone, core strength, and posture.

Reserve your spot today!
Contact Patty Schnabel to schedule your Complimentary Orientation Class

DROP IN PASS: \$30
5-PACK - \$125
10-PACK - \$200
20-PACK - \$300
UNLIMITED \$150/month

*Private and semi-private sessions are also available.

The Downtown Club at The Met

July Group Fitness Schedule



THE MET
AT DOWNTOWN

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