

Drop-In Fitness Classes

The Grove's Fitness Center offers 60+ drop-in group classes each week. Classes which match all fitness levels!

- Classes are included with a membership; \$9/daily fee; \$80/10x pass
- Classes for ages 15 and older (*ages 10-14 welcome to attend with a parent*)

HI: High Intensity Classes; JF: Joint Friendly Classes

CARDIOVASCULAR CLASSES	DESCRIPTION
Aqua Exercise	Low-impact cardio workout in 3-7 feet of water (JF)
BPM (Beats Per Minute)	Circuit-style cardio and strength class (HI)
Cardio Kickboxing	Moderate to high intensity workout with jabs, kicks and plyometrics (HI)
Cardio Sculpt	Full body workout with cardio and strength
Deep Water Exercise	No impact water workout in 10-13 feet of water
Group Cycle	Climb hills, sprint and do intervals on a stationary bike to motivating music
HIIT (High Intensity Interval Training)	High intensity cardio and strength interval training (HI)
Power Step	Moderate- to high-impact fast-paced step class (HI)
NIA (Non-Impact Aerobics)	Fusion of dance, martial arts and healing arts (JF)
RIPPED	Resistance training infused with Cardio Kickboxing (HI)
Step & Sculpt	Moderate-paced class with sculpting
Shine	Fun cardio dance workout based on jazz, hip hop and ballet
STRONG by Zumba	Fitness interval training fused with boxing moves and timed with music (HI)
Zumba	Latin dance to make you sweat

STRENGTH CLASSES	DESCRIPTION
Barre Fusion	Sculpt arms, legs, glutes and abs using Pilates and Ballet Barre methods
Body Blast	Full body strength workout using barbells timed to fun music
Muscle Mix	Resistance training using bands, balls, weights and barbells

Get Connected with the Fitness Class App!

The mobile app allows you to view class descriptions, schedules and instructor information. Search Inver Grove Heights on the Apple or Google store.



ACTIVE ADULT 55+ CLASSES	DESCRIPTION
Joints in the Pool	Gentle range of motion exercises in 3 feet of water (JF)
Silver Splash	Low impact water workout for strength and range of motion in 3-5 feet of water (JF)
Sculpt & Stretch	Light toning, abs and no-nonsense stretching (JF)
Silver Sneakers Classic	Cardio and strength exercise using bands, balls and weights with chair support (JF)
Silver Sneakers Yoga	Simple and safe Yoga exercises performed with a chair (JF)
Zumba Gold	Latin dance at a moderate tempo (JF)

MIND/BODY CLASSES	DESCRIPTION
Pilates	Flowing sequences of breath and movement to strengthen abs, back and glutes, as well as lengthen muscles (JF)
Tai Chi	Flowing sequences to improve balance and coordination (JF)
Yoga Fitness I	Foundation building with this basic Yoga class; simple flows, more time to move in and out of sequences and more stretching
Yoga Fitness II	Vinyasa flow class to challenge your strength and balance
Yoga Sculpt	Yoga based intense sculpting class with weights and plyometrics
Yoga & Pilates	Strengthen your core and back with flowing exercises

