

# SPOTLIGHT: GROUP CENTERGY

Grow longer and stronger with Group Centergy®, an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. *REDEFINE YOUR SELF.*

## WHAT MAKES GROUP CENTERGY UNIQUE?



### MULTIDISCIPLINARY MOVEMENT PROGRAM

Group Centergy incorporates the fundamentals of yoga and Pilates with a broad range of athletic movement disciplines. Don't be surprised if you see squats, push-ups, and sit-ups alongside dynamic balance training and functional exercises. Group Centergy uses a multidisciplinary approach to improve mobility, strength, balance, coordination, posture, and overall movement health, all the while creating a sense of self-awareness and promoting a sense of wellbeing and ultimate relaxation.



### RECOGNIZABLE SONGS WITH BROAD APPEAL

Participants will hear songs they know and love in every Group Centergy experience. This is not an hour of obscure meditation music chosen by an individual instructor. The Group Centergy playlist is professionally selected and market tested. There are songs that appeal to every age group, including both males and females. This beautifully curated soundtrack is another one of the most commonly identified reasons that participants love to come back to Group Centergy time and time again.



### REAL ATHLETIC WORKOUT

This 60 minutes "counts" as a real workout. While there are plenty of restorative poses and a final period of deep relaxation, the Group Centergy workout is guaranteed to give you a total-body strength workout. Yes you will sweat, and yes you might be sore the next day! This is not the typical yoga class you do in addition to your "real" workout – Group Centergy is your real workout. You could say it is more "Body-Mind" than "Mind-Body." That is why participants are so loyal and keep coming back to the Group Centergy workout year after year.



### PROGRAMMED FOR ALL FITNESS LEVELS

Group Centergy is designed for able-bodied adults of all ages and fitness levels. Instructors receive detailed examples of how to coach options or modifications to ensure that all participants are able to do every part of the workout. This means beginners and advanced participants can all be serviced in one program. It also results in a greater sense of perceived success, meaning participants are more likely to feel successful and want to keep coming back to keep improving.



### CONSISTENT & COMPLETE

Group Centergy provides a complete exercise experience in every single class. Because the workout is pre-programmed, there is never the problem where an instructor "just didn't get to" a critical component. There will always be a complete warm-up, full yoga sequences, a total-body strength challenge, balance training, targeted core training for the front and back sides of the body, hip strength and mobility, rotation for spine health, and flexibility work for the hamstrings and lower back. One of the most noticeable differences about Group Centergy is that participants feel like the workout is "fuller" than other mind-body programs because it is packed with every type of training they want in one hour.



### COEXISTS WITH OTHER PROGRAMS

Because Group Centergy uses its own multidisciplinary approach, it can coexist on a group fitness schedule with other mind-body programs like yoga, Pilates, and Tai Chi. In fact, Group Centergy can serve as a feeder program into those programs, increasing group fitness participation across the board.