

# URGE fitness, EWING

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**OPEN 24 HOURS**  
Urgefitness.com/ewing

**URGE fitness** welcomes all suggestions. Please email us at [info@urgefitness.com](mailto:info@urgefitness.com) and share your thoughts.

## CLASS SCHEDULE POLICIES

Class schedule and instructors are subject to change.

Holiday schedules are posted in-house, on Facebook, and on App.

Download our FREE App for a live, up-to-date schedule, and to reserve a spot in all ELITE TRAINING classes.

SIGN-UP required for ALL ELITE TRAINING classes.

Please show up 15 minutes before URGE Cycle and Aerial Yoga in order to adjust equipment to proper settings.



## **INDOOR CYCLING**

**PEDAL PARTY** - Get lost in the music with this fun, choreographed class that drives the party vibe. This "party on a bike" will have you begging for more! (50min)

**POWER CYCLE** - Take your performance to the next level. This high intensity class will have you engaged in a full body work-out! Ride along to the beat of great music while changing resistances and seat positions! (50 min)

## **GROUP TRAINING**

**URGE TEAM** - Reap the benefits of this ultimate calorie burning workout through challenging combinations of cardiovascular drills, resistance training and much more! Work as a team and succeed in peers of your same fitness level! (50min)

**URGE PUMP** - This energetic, high intensity class is your introduction to functional group fitness. Pre-designed workouts to the beat of fun music will challenge you and keep you wanting more! (50 min)

**SMALL GROUP TRAINING** - This semi-private coaching session with our Certified Coaches is catered to your specific needs/goals. Pre-designed, full-body functional training workouts ensure you get maximum results in minimal time. If you want the feel of Private Coaching but enjoy the company of others, this session is for you! (30 min)

## **PILATES**

**PILATES** - A system of physical conditioning involving low impact exercises and stretches to strengthen the core. (50min)

## **BOXING**

**URGE BOX** - This high-intensity interval training workout sculpts your body and burns calories like nothing you've experienced before. Your trainer will lead you through explosive boxing and kickboxing rounds where you'll deliver jab, cross, hook, kicks and uppercut combinations, working your entire body on our 100-pound heavy bags. Great for all fitness levels, this is also a wonderful introduction to self-defense! (50min)

## **YOGA**

**AERIAL YOGA** - No matter your level of experience, this is for you! Classes are designed to familiarize members with the building blocks of an Aerial class. Members will learn how to balance using the fabric as support, flip in the air, and position the hammock in the right spot. Once advanced, the instructor will lead you through acrobatic-style balancing and flip tricks! (50 min)

**VINYASA YOGA** - A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy. (50 min)

**SUNRISE YOGA** - This fantastic early morning class will get you ready and energized to take on the world. A wonderful flow to this class will get your blood pumping and give you energy! (50 min)

**GENTLE YOGA** - A more relaxed version of your favorite yoga class. This will relax you while ensuring to increase your flexibility and decrease stress. (50 min)

## **CARDIO/CONDITIONING**

**ZUMBA** - Movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

**CARDIO KICKBOX** - Combine upper- and lower-body strikes, blocks and drills in this a fierce-but-fun workout. (30 min)

**GLUTE CAMP** - A strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist whittling exercises are also integrated to further accentuate your new rearview. (30 min)

**SHRED** - Sculpt eye-catching muscles with a trial of constant tension involving dumbbells, resistance bands, and your own willpower. (30 min)

**PULSE** - Total body conditioning using steps, bands and other equipment to maximize calories burned! Builds strength and endurance in the entire body. (30 min)

**URGESANITY** - Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises. (30min)

**BODY BLAST** - A total body workout with exercises that transition from one muscle group to the next. (30 min)

Continuous movement and great music to keep the heart rate up for a sweat drenched session. (30 min)

**BOOT CAMP** - A full body, functional training class guaranteed to make you sweat! Designed to keep your heart rate up and challenge you to work your entire body. We're bringing the energy in this class, we hope you do too! (30 min)

**CORE BLAST** - This class will guarantee to get you that toned tummy you've been dying for! All workouts designed around the core will be sure to help burn calories and strengthen your mid-section. (30 min)