

## Group Exercise Class Descriptions



**Arms & Abs:** A 45 minute class designed to strengthen the core areas of your abdominal region, back, shoulders, and arms. Options given for all levels. All levels

**Athletic Intervals:** This 60 minute class focuses on muscle confusion and functional training. Includes bodyweight strength movements, core training, and cardio bursts from 10 seconds to 3 minutes. The format, along with the exercises, will change every class to help prevent injuries and promote muscle confusion equaling results. Intermediate to Advanced

**MAC Barre:** The barre technique is unique in that it combines the principles of pilates, yoga and ballet with the use of a ballet barre as support to help tone muscles, increase flexibility and improve range of motion. Each barre class is a 60 minute, total body workout, using music to drive the workout in an energetic group setting. All levels

**Body Attack™:** BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography. All levels

**Body Combat™:** BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography. All levels

**Body Flow™:** Class is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography. All levels

**Body Pump™:** is the original barbell class that strengthens your entire body. This 60 minute workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for – and fast! Like all of the LES MILLS™ programs, a new BODY PUMP™ is released every three months with new music and choreography. Advanced

**Body Step™:** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Like all the LES MILLS™ programs, a new BODYSTEP™ class is released every three months with new music and choreography. All levels

**Body Vive™:** is the optimal mix of strength, cardio and core training. Step into a BodyVive™ class, and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living. All levels

**Bootcamp:** Energetic cardio and strength class based on drills and athletic training. Drills will vary by instructor, while maintaining a format of cardio and strength intervals. Advanced

**Butts & Guts (& More):** A 45 minute class designed to strengthen the core areas of your abdominal region, glutes, hips and lower back. The 60 minute “& More” version, will also include exercises for upper body strength. Options given for all levels. All levels

**Cardio + Sculpt:** This one hour class features three segments, low impact cardiovascular exercises or “circuits,” which may include basic movements on the Reebok step, and which offer options to progress intensity and impact, functional strength training to include core work and stretching. All levels, with options to progress and regress the cardiovascular portion.

**Chair Yoga:** A gentle yoga class that is practiced sitting in a chair, or standing using a chair for support. Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. All levels

**CXWORX™:** Looking for a short, sharp workout that will inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you! This class is based on cutting-edge scientific research and offers a brand new 30-minute format. CXWORX™ hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger! All levels

**Cycle Bootcamp:** An indoor cycle class combined with bootcamp style intervals off the bike, designed to give you a cardio and strength workout in 60 minutes. The bootcamp exercises will include options for level of impact and level of intensity. Please wear your gym shoes. No cycle shoes outside of the cycle room. Advanced

**Fitness Yoga:** Basic Hatha Yoga utilizing a combination of traditions. Participants will benefit from having some previous Yoga experience. All levels

**Gentle Yoga:** Hatha Yoga including mainly mat work. The class will include elements of balance, flexibility, & breathe control. Novice

**Hatha Yoga Flow:** Hatha or Hatha Flow is alignment based and, even though we flow the poses, it is not sun salutation focused. It is a bit slower in execution, and we hold poses longer. It is a good middle bridge between gentle and fitness/power yoga classes. All levels

**HIIT 30/Tabata 30:** 30 minute high intensity interval training that improves cardiovascular fitness, strength, speed and maximizes calorie burn. Designed to make you train and perform like an athlete! Advanced

**Interval Training:** Athletic conditioning type class to include intense intervals of cardio and strength training followed by brief periods of recovery. Class is designed for the intermediate to advanced participants; however, options for both high and low intensity exercises will be given so the participants may exercise at an intensity level appropriate to their fitness level. Advanced

**LIA:** Low Impact Aerobics – A combination of cardio, strength and flexibility maintaining a low impact profile. This class will be challenging without high impact moves. All levels

**LIA GENTLE:** a gentle version of our traditional low impact aerobics class. A combination of cardio, strength and flexibility training that maintains a low impact profile. All levels

**Pilates:** Classic Pilates to strengthen the core and improve balance. All levels

**RPM:** A cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today.

**SH'BAM™:** Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied - and like all the LES MILLS™ programs, a new SH'BAM™ release is produced every three months with new music and choreography. All levels

**Spinning®:** Indoor cycling class provided by an instructor who holds a current Spinning™ certification from Mad Dogg Athletics; members are encouraged to use heart rate information to make the class personally challenging and beneficial. Water bottles are required. All levels

**Strength For Seniors:** A strength and resistance class tailored specifically for seniors. Instructors will provide a variety of exercises to strengthen all major muscle groups, using hand weights, tubes, bars, and bodyweight. Core work and stretching is included.  
All levels

**TBS:** Total Body Sculpt – Class is muscle resistance work which will challenges all major muscle groups. All levels

**Vinyasa Flow:** Vinyasa means “breath-synchronized movement,” and Vinyasa yoga is a series of poses (asanas) that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing. Like all styles of yoga, Vinyasa has both mental and physical benefits. Physically, sweat expels toxins and re-energizes your body. Mentally, the synchronized breathing relaxes your mind and helps to release any blockage of energy flow throughout your body. All levels

**Yin Yoga:** Class uses typical Hatha poses, however the poses are held 2-5 minutes in order to allow the full facilitation of the stretching of the fascia and joint tissue. All levels

**Yoga:** This class is a slower moving, more instructional system for physical, mental and emotional development. The basic class will tone, while optional poses may challenge. The student works to their own ability. All levels

**Zumba:** A cardio intense workout composed of Latin dance and Hip Hop-type moves to Caribbean and Latin music. All levels

### **AQUA CLASSES:**

**AquaZumba:** A cardio aqua class inspired by the land Zumba classes! All levels

**Deep H<sub>2</sub>O:** Cardio, strength, & flexibility class using water resistance and the deep part of the pool. All levels

**H<sub>2</sub>O Aerobics:** Cardio, strength, & flexibility class using water resistance. All levels

**H<sub>2</sub>O GENTLE:** A gentle water aerobics class that offers light cardiovascular work, therapeutic range of motion exercises and strength training. All levels

**WATERinMOTION®:** the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. All levels