

Group Exercise Class Descriptions



30/20/10: This one hour class features three segments, 30 minutes of low impact cardiovascular exercises or “circuits,” which may include basic movements on the Reebok step, 20 minutes of functional strength training to include core work, and 10 minutes of stretching. All levels, with options to progress and regress the cardiovascular portion.

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

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

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

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

H₂O GENTLE: A gentle water aerobics class that offers light cardiovascular work, therapeutic range of motion exercises and strength training. All levels

DANCE and BARRE: This all around dance inspired fitness class will feature a mash-up of dance moves from Sh'Bam™, BodyJam™ and the instructor's own choreography. The class will offer 35-45 minutes of cardiovascular work. The remaining 15-25 minutes will incorporate strength work inspired by the barre method. All levels

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

Floor Barre 45: Uses Pilates and Ballet inspired exercises to sculpt long, lean muscles and tone a strong core. All levels

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

GRIT™ Cardio: 30 minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. Advanced

GRIT™ Plyo: 30 minute high intensity interval training plyometric-based workout, designed to make you perform like an athlete. Advanced

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

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

Piloxing®: A non-stop, cardio fusion of standing pilates, boxing and dance that will push you past your limits for a sleek and powerful you! Piloxing® cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles and increase stamina. The Piloxing® program uniquely blends the power, speed and agility of boxing, exhilarating dance moves and the targeted sculpting and flexibility of pilates. All levels

Pound™: is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45 minute series. Burn between 400-900 calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique—all while rocking out to your favorite music. All levels

Power Yoga: A strenuous yoga practice that generates heat through a series of prolonged holds, vinyasa-style flows and challenging asanas. Practice may include some advanced asanas and is recommended for yogis with an interest in pursuing advanced poses. Advanced

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

Tai Chi: A form of Chinese martial art, which is a series of continuous flowing body movements combining relaxation and exercise. 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 Water Aerobics: Cardio, strength, & flexibility class using water resistance and the deep part of the pool. All levels

H₂O Aerobics: Cardio, strength, & flexibility class using water resistance. All levels

H₂O 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