

GROUP FITNESS CLASS DESCRIPTIONS

LES MILLS™ Classes

BODYATTACK™- Is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning calories and leaving you with a sense of achievement. Need modifications? No problem. All levels welcome.

BODYCOMBAT™. Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Capoeira and Muay Thai. Supported by driving music, A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast, and feel like a champ!

BODYPUMP™ - Is for anyone looking to get lean, toned and fit – fast. The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscles groups by using the best weight-room exercises like squats, presses, lifts, and curls. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. Never lifted weights before? Not a problem, perfect time to start. All levels welcome. PLEASE NOTE: Age limit is 18 and older.

BODYSTEP™. Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™. A full-body cardio workout to really tone your butt and thighs. In a BODYSTEP Athletic class, you combine basic stepping with moves like burpees, push-ups, and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair, then BODYSTEP Classic is the way to go. There are always lots of options to get you through the workout safely. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You'll leave buzzing with satisfaction.

CXWORX™ - Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt, and lower back exercises.

30 Minutes

RPM™ - is a group indoor cycling workout where you control the intensity. It's fun, low impact class and great for burning lots of calories! With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout, you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

Sh'Bam™: A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can! If you love Zumba...you will love Sh'Bam!

BEACHBODY® Classes

INSANITY® - A challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow—but the workout WILL challenge you, change you, and get you in the best shape of your life. So as you're giving it your all, just when you feel like your body is about to max out on certain movements, you're saved by the bell and its time for the next block of moves. Plus, moves can always be modified so you can work up to your own best level. **45-55 minutes – unless in a combo class then 30 minutes**

P90X®- The P90X LIVE workouts offer a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, and more. Using the science of Muscle Confusion™, P90X constantly switches things up (the blocks, the protocols, the rep ranges) to help class members bust through plateaus. Plus, there are modifications so people at any level can partake with the option of using weights, resistance bands, or even bodyweight to complete the workouts. **50-55 minutes – unless in a combo class – then 30 minutes**

PiYo® - PiYo® isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility. With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimize the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results.

DANCE CLASSES

Beginner Adult Ballet: – This classical ballet technique class takes the participant through a progression of barre combinations and ends with some center work away from the barre. Center work consist of a similar progression of exercises but without the barre and moves on to simple turns and optional small jumps, challenging balance and coordination. Modifications will be given. This class is executed in the spirit of joy of movement, music and dance and does not require prior experience. Varying levels will be given for those who have some experience. Ballet shoes or socks may be worn.

Hi Lo Dance: This energetic workout combines Hi Lo aerobics with dance-based moves to create a fun, motivating atmosphere. Repetition of movement creates mastery of movement and success for all!

Hip & Fit Dance: Fun and sassy dance class that has a mix of modern, hip hop, Latin styles incorporated. Get in shape and move with style to a fun mix of dance music!

Modern Dance: Learn the fundamental movement concepts of Modern dance in this comprehensive intro series. We begin with the basics of modern technique including contraction/release of the torso, and articulation of the spine. Class will focus on proper alignment, musicality, and center work. This class will break down the movement and provide students with exercises that build strength, increase flexibility, and provide a foundation that can be applied to all dance styles. **Pre-requisites/Level:** Little, to no experience required. **Attire:** Active wear or dance apparel and bare feet.

Sh'Bam™: A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can! If you love Zumba...you will love Sh'Bam!

Zumba® - We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Zumba® Sentao – Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process. And having fun!

Zumba® Toning - The challenge of adding resistance by using Zumba® light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Light weights enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

INDOOR CYCLE & MIXED CYCLE CLASSES

Cycle & Strength: – Great mix of cardio and strength. If you love cycle, stay for an extra 30 minutes, and get your upper body and core workout with 30 minutes of P90X®! - Spin 60 minutes, strength 30 minutes

Cycle & TRX™: - Great mix of cardio, strength, and core. If you love cycle, stay for an extra 30 minutes, and get a mix of strength and core at our TRX station with an instructor.

Indoor Cycling - An indoor cycling class that utilizes bikes designed to simulate road bikes. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Anyone from a beginner to an avid cyclist can participate and get an awesome workout! If it's your first class, show up a few minutes early so the instructor can help you get your bike set for an awesome ride! (45-60min)

Intro To Cycle: Offered typically once a month. 30 minutes of cycle. Focus will be mainly for new cyclers starting with proper bike set up and then working on the basics of cycling during the 30-minute ride. But all levels welcome to join the class.

Pedal To Metal: 30 Minutes of intense cycling followed by 30 minutes of strength training. Perfect mix!

RPM™ - is a group indoor cycling workout where you control the intensity. It's fun, low impact class and great for burning lots of calories! With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout, you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

S&S Cycling – Short & Sweaty! – 30 minutes of intense cycling.

Triple Threat!! – This class is the perfect mix of cardio, strength and stretch! Join our instructors for 30 minutes of Cycling, followed directly by 30 minutes of P90X® and then 30 minutes of YogaFit®! Please try to attend all three to get the most benefit of this workout! You'll have a great time! All levels welcome! – 1 hour and 30 minutes.

MIND / BODY / YOGA STYLE CLASSES

Chair Yoga: With no getting up and down from the floor, chairs are used as a prop for seated and standing positions. Enjoy exploring your range of motion with poses that increase flexibility, circulation, balance, and strength! Ends with deep relaxation, breathing practice and silence. Great for people who want some gentle movement or adaptive yoga, or those who want to include yoga on breaks at work or on the road. - 45 minutes

Classical Yoga: A traditional, well-rounded class that encourages stillness and peace. Time is given for modifications, deep relaxation, breathing and meditation practices. Although each class varies slightly, they are similar enough to give you a strong foundation for a home practice! All levels and ages welcome! Please arrive on time. - 75 minutes.

Mindful Slow Flow: Don't let the word "slow" fool you! Slowing down will heat you up and get you out of autopilot. The focus on transitions leads to deeper awareness of your own habits, and increases focus, balance, and strength. Please arrive on time. – 60 Minutes.

PiYo® - PiYo® isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility. With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimize the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results.

Posture Plus! - Core, chest, and back strengthening and stretching will counterbalance the effects of everyday life that cause poor posture. A variety of Pilates and yoga techniques, utilizing bodyweight, bands, and light free weights, will be practiced. 1 hr

Relaxation Training: This class will explore and practice a variety of relaxation techniques including Focused Breathing, Meditation, Guided Imagery, Centering, Gratitude/Positivity, Progressive Muscle Relaxation, Mindfulness, and Gentle Stretches designed specifically for stress reduction. 30 minutes.

Restorative Yoga: The selected handful of poses are all practiced down on the floor with enough props to help you feel as if you are floating on a cloud. Each pose is held for several minutes. Benefits are resetting the nervous system, dissolving physical tension on a deep level, and bringing the body into alignment. Good for people with chronic pain or injury, or chronic low-grade stress. 60 Minutes.

YogaFit®: Designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility, and power in a fitness format. YogaFit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. The YogaFit style reduces the risk of injury and augments recovery for ailments including stress, lower back pain and tension.

FUNCTIONAL TRAINING / MIX OF STRENGTH, CARDIO, & CORE

PLEASE ALSO SEE THE LES MILLS CLASSES AND BEACH BODY CLASSES

AXIS™ Core: Power to the core in 30 minutes! The focus is on your foundation – the core. AXIS creates stability from the axis, or the middle of your body, the basis of all movement, then layers on mobility, strength, and power.

Ball/Band Blast - A high repetition, total body workout that uses medicine balls or stability balls or bands to give you cardio, strength, and core training.

Basic Training - This is a class that is intense with simple choreography! Push your body to its limit with major muscle moves...push-ups, squats, jumping jacks, etc. Intensity will depend on you! All levels welcome.

Boot Camp – This class is designed to build strength and fitness through a variety of intense group intervals. Every class varies in exercises that could include, body weight, free weights, upper body moves, lower body moves, cardio, core & more. Class is designed to push you out of your comfort zone with a group / team effort. Modifications can be offered. 1hr

Booty Barre®~: Booty barre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define, and chisel the whole body. It has the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. We focus on proper biomechanics for a safe and well-structured class that can be modified for any fitness level. This workout combines fat burning interval training, deep isometric conditioning, and elongating techniques that change and sculpt the body. No dance experience required!

Cardio Chisel: This total body workout will incorporate cardio, hand-held weights, and bands to increase balance, flexibility, muscle tone, and endurance. It is considered an intermediate to advanced workout.

Chiseled: Focus will be more on strengthening and toning muscles with weights & body exercises. All levels welcome.

Cycling & Strength: – Great mix of cardio and strength. If you love spin, stay for an extra 30 minutes, and get your upper body and core workout with 30 minutes of P90X®! - Spin 60 minutes, strength 30 minutes

Hi/Lo Aerobics - Floor aerobics that will range from basic to advanced combination of moves. It will include both high impact/intensity and low impact/intensity moves.

Interval Step - Basic Choreography performed on a step platform. Short bursts of intervals will be added throughout. Intensity will depend on you! All levels welcome.

Kettlebells - A cast-iron weight (resembling a cannonball with a handle) used to perform exercises that combine cardiovascular, strength and flexibility training. Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization

Pilates - A system of physical and mental exercises developed by Joseph Pilates in the 1920's. It incorporates the key principles of breath, concentration, control, center, flow, and precision. Pilates increases physical and mental strength, coordination, and flexibility. It is suitable for women and men of all ages.

Pure Strength – A different approach to strength training utilizing different lifting techniques, rep/weight ranges, and equipment. Class may consist of pyramid schemes with reps/weights increase or decreasing, timed intervals with few strength moves alternating, or a traditional style weight lifting class. All levels are welcome!

Standing Strong: - This class provides a combination of exercises for a total body workout involving low-impact choreography and hand-held weights. It will engage your core, increase flexibility, improve balance, tone your muscles, and strengthen your bones! This class is suitable for intermediate to advanced levels. 1hr.

Step - Traditional choreography performed on a step platform. Will range from basic moves to more technical choreography. A full-body cardio workout to really tone your butt and thighs.

Strength Circuit/Circuit: Interval training that provides a mix of strength training, cardio, and core exercises. Alternating between stations, you will get a full body workout. Equipment may vary from weights, resistance bands, stability balls, or free body weight exercises. All levels are welcome.

Tabata/HIIT - An interval training protocol that varies with work/rest ratio. Tabata will always be a 20/10 work/rest ratio. HIIT will vary in work/rest ratio depending on the workout. Classes will vary with strength and cardio exercises.

Triple Threat!! – This class is the perfect mix of cardio, strength and stretch! Join our instructors for 30 minutes of Cycling, followed directly by 30 minutes of P90X® and then 30 minutes of YogaFit®! Please try to attend all three to get the most benefit of this workout! You'll have a great time! All levels welcome! – 1 hour and 30 minutes.

TRX™ - Born in the Navy SEALs and since adopted by premier athletes across the globe, TRX is scientifically proven to improve total-body strength, stability, mobility, core strength, flexibility, and even cardiovascular health.

Silver Sneakers®: Separate schedule for Silver Sneaker classes at front desk, includes descriptions. Can also be found online under schedules – Silver Sneakers.

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