

## 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™:** BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Tai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**BODYFLOW™:** Ideal for anyone and everyone, BODYFLOW is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

**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

**GRIT™:** Les Mills GRIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. Les Mills GRIT Plyo is a plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. Les Mills GRIT Cardio is a HIIT workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. Les Mills GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**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!

**SPRINT™:** Les Mills SPRINT™ is a 30-minute high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put in to a Les Mills SPRING workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

### MIND / BODY / YOGA STYLE CLASSES

**BODYFLOW™:** Ideal for anyone and everyone, BODYFLOW is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

**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.

**Power Yoga:** A flow (Vinyasa) style of Yoga designed to stretch, strengthen, and empower the body. The flow moves quickly from pose to pose with each breath, making it a more athletic practice with a cardiovascular element. It is designed to sculpt and tone the body. 60 minutes

**Restorative Yoga:** The selected handful of poses are all practiced down on the floor with enough props to help support your weight and help allow muscles to relax. Each pose is held for several minutes, without muscular contraction, as the goal is to rest passively in a mild stretch. 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, who are run-down, overwhelmed, or experience chronic low-grade stress, or for anyone who needs a "time out" to reboot. 60 minutes. Other benefits include the following: helps you understand where you are holding tension; helps you learn how to relax; increases self-awareness; helps with acceptance, surrender, and deepens contentedness; and boosts immune system and slow release of stress hormones by soothing nervous system.

**Silver Sneakers Classic:** This class will have you moving to the music through a variety of exercises designed to increase muscle strength, flexibility, and range of movement using weights, bands and balls. A chair is used for seated exercises and standing support. Not typical of SilverSneakers, Monday and Friday class will get down on the floor. It is suitable for beginning to intermediate skill levels.

**Sport Yoga:** Sport Yoga is a unique blend of ancient and modern exercises adapted from Hatha (physical) yoga, martial arts, tai chi, Pilates, sports training and other postural movement techniques. Each class is rhythmic in nature and follows a music-driven choreography. The flow of movements will generate heat that will make you sweat, challenge your balance, improve your strength and flexibility, and provide a total body workout. The emphasis on "sport" refers to a fast pace and cardio-respiratory intensity than is provided with a more traditional yoga session. Modifications are included to accommodate a Moderate or Higher intensity workout.

**Tai Chi:** This class is characterized by continuous movements that are gentle, slow and focused. Each posture flows into the next without pause, ensuring that your body is in constant motion. This class incorporates balance, breath, and awareness. This class is suitable for all levels.

### **INDOOR CYCLE & MIXED CYCLE CLASSES**

**Cycle:** 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)

**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!

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### **FUNCTIONAL TRAINING / MIX OF STRENGTH, CARDIO, & CORE**

**PLEASE ALSO SEE THE LES MILLS CLASSES AND BEACH BODY CLASSES**

**Beginner 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.

**BOOM Muscle®:** Boom Muscle is a total body workout using hand held weight, bands and bodyweight in compound exercises. Strength, balance and agility are challenged with functional training segments of cardio, sports conditioning and reaction training in this moderately intense workout.

**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!

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

**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!

**Silver Sneakers Circuit**: The Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. Although this class is suitable or nearly every fitness level and can be adapted depending on the skill of individual participants, this is considered a beginner to intermediate level class.

**Tabata** - 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.

**UrbanKick**: UrbanKick is an innovative and athletic format that is taking group X schedule by storm! By expertly blending cardio kickboxing (punch and kick combinations), with sports conditioning athletic drills, UrbanKick delivers a serious knock-out workout! Every class incorporates steady state cardiovascular training, metabolic boosting HIIT training, and body-weight strength training for a unique and total body workout. Our format challenges in all planes of motion so you constantly develop strength, agility, flexibility and balance and torch calories.

**Warrior**: Warrior Workout Series is a class designed to help you unleash your inner warrior. You will start with a super sprint series of high energy high intensity intervals on the bike, each track of music specifically designed to challenge you in different ways. Then we switch to floor work, embracing the same powerful positive energy to hit the whole body, improving strength, power, balance, and flexibility with HIIT and Tabata bursts!

## DANCE CLASSES

**Beginner 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.

**BOOM Move®**: BOOM Move is a 45-minute cardio workout featuring dance-style choreography, with songs and moves from a variety of eras, genres and styles of music. This class is specifically designed to appeal to baby boomers and older adults and as long as you can have fun, smile and keep moving, you are sure to get a good workout!

**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.

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