

## Group Exercise Class Descriptions



**Active Agers:** a gentle version of a traditional low impact aerobics class designed for mature members. A combination of cardio, strength and flexibility training that maintains a low impact profile. All levels

**AeroMix:** is a multi-level group exercise class which combines various disciplines of cardiovascular training, followed by specific muscle group conditioning, and finished with core exercises. The instructor will provide options for all levels of impact. All levels

**All Levels Flow:** A class that links physical postures, concentrated breathing, and mindfulness in a format appropriate for beginner to advanced yogis. All levels flow also offers an emphasis on vinyasa flow and sun salutations (rhythmically linking postures and breath). Participants are encouraged to listen to their bodies and take options that work best for their desired yoga experience. Class ends with a relaxation time designed for stillness and reflection. All levels

**All Levels Yoga:** A class that links physical postures, concentrated breathing, and mindfulness in a format appropriate for beginner to advanced yogis. Participants are encouraged to listen to their bodies and take options that work best for their desired yoga experience. Class ends with a relaxation time designed for stillness and reflection. All levels

**Athletic Intervals:** This 55 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 55 minute, total body workout, using music to drive the workout in an energetic group setting. All levels

**Body Attack™:** 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™:** 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™**: 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. Intermediate-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. Intermediate-Advanced

**Cardio + Sculpt**: This 55 minute class features cardiovascular work with progression from low impact to high impact/plyometric options, so that members may tailor the work to suit their individual goals and preferences. Upper body strength, lower body strength and core training are always incorporated. This class is designed to be a full body cardio and strength workout wrapped up in one neat package. Equipment used may include the Reebok step, bosu ball, resistance ball, hand weights, tubes, gliders and ballet barre. 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 Body**: A 45-minute indoor cycling class that features an accelerated warm-up, high-intensity cardiovascular conditioning, segments of muscle-sculpting strength training on the bike, and rhythm-based choreography just for fun! Options provided for 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 or bring your gym shoes. No cycle shoes outside of the cycle room. Intermediate-Advanced

**Fitness Yoga:** Yoga for the fitness industry. 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, and breathe control. Novice

**Les Mills Tone™:** is the optimal mix of strength, cardio and core training. Step into a Tone™ 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

**Low Impact Ride:** 30 minute cycling class designed to pump the heart within the aerobic energy zone, offer smooth rides to fun music, play music at a moderate volume and minimize stress on the joints. This class is perfect for all levels of fitness and is a great place to start adding indoor cycling into your workout routine. All levels

**MAC Burn:** This class offers 45 minutes of high intensity interval training designed to challenge the participants' fitness level. Research shows that HIIT training is an efficient and effective approach to exercise. Cardiorespiratory, strength, plyometric, and agility drills will be presented in timed intervals, and participants will use variety of equipment. The goal is for the participant to push their expectations and their achievements. MYZONE® heart rate training will be utilized, but it is not required for participation. Intermediate-Advanced

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

**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. All levels

**Solid Strength:** Classic strength class that offers compound, dynamic and isolated strength exercises and utilizes a variety of equipment. Exercises target large and small muscle groups and create a total body workout. 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

**Spinning® Basics:** This 30 minute class is a beginners' class for indoor cycling. The instructor will show new participants how to set up their bike properly and teach an introductory level class. Offered once per month. Please check the PDF class schedule. Beginner

**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 into a LES MILLS SPRINT™ 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. Intermediate-Advanced

**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

**Trainer Takeover:** MAC personal trainers will lead a full body workout in the MAC functional training room (formerly GX2, adjacent to the basketball court) and utilize all of the training equipment in that space. Be prepared to do things like...ride an indoor cycle bike, row on the rowers, lift weights, use the TRX, and many other challenging exercises. This is a great way to get an individualized workout, learn how to use new equipment, and meet our personal trainers. No fees! 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 students work 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, and flexibility class using water resistance and the deep part of the pool. All levels

**H<sub>2</sub>O Freestyle:** Cardio, strength, and 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

**H<sub>2</sub>O Intervals:** is 55 minute water aerobics class that focuses on high intensity interval training without the impact of a land workout. Train using the resistance of the water and other water weights to help strengthen, tone and challenge your fitness! All Levels

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