



## Group Exercise Class Descriptions

**Ab Blast:** A power packed 30 minutes designed to tone and strengthen the abdominal muscles and core. Class uses various skills and techniques to target the core muscles, shoulders to hips, 360 degrees around the rib cage. All levels

### **Active Agers:**

**Cardio-** A gentle version of a traditional low impact aerobics class designed for our senior members. A focus on cardio, while combining strength and flexibility training, that maintains a low impact profile. All levels

**Strength-** 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

**Cardio & Strength-** A combination of our Active Agers Cardio and Active Agers Strength classes. This class is an excellent low impact workout to strengthen the muscles of the body and heart. 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:** 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:** 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:** focuses on muscle confusion and functional training. Class 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 which fosters 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 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 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

**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:** is an indoor cycling class that features an accelerated warm-up, high-intensity cardiovascular conditioning, segments of upper body strength training on the bike, and rhythm-based choreography just for fun! The workout concludes with a 10-15 minute core section in the functional training room. All levels

**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

**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

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

**Pilates Fusion:** incorporates a series of exercises that are low impact in nature but have a high focus on strength and endurance. Pilates exercises will be infused with traditional active strength training. A strong emphasis will be placed on postural alignment, core strength and muscle balance throughout each progressive series. The progression of exercises is what makes Pilates Fusion unique and challenging. Exercise modification is included to meet all exercise levels. Participants gain heightened body awareness, improved mobility, stability and strength and find that the changes to their bodies enhance other aspects of daily living and other activities or sports. 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

**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

**Tone™ & Flow™:** is a blend of tracks from Les Mills Tone™ and BodyFlow™. This strength and stretch focused class will offer a tai chi style warm up and rhythmic limbering, a series of yoga sun salutations, strength training for both the upper and lower body, and core training for the abs and back. Class will conclude with a deep stretch. 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