



Group Exercise Class Descriptions

LAND CLASSES

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

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 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

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

Core Intervals: A power packed 30 minutes designed to tone and strengthen the core, shoulders to hips, 360 degrees around the rib cage. Exercises will be offered in timed intervals. Class uses various skills, techniques and equipment to challenge the core. 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, endurance and cardio. Pilates exercises will be infused with traditional strength training and cardiovascular movements. A strong emphasis will be placed on postural alignment, core strength and muscle balance. 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

Zumba: A cardio intense workout composed of Latin dance and Hip Hop-type moves to Caribbean and Latin music. All levels

Bootycamp: Participants use a loop or "booty" band and their own body weight to challenge, sculpt and define their bodies. Participants may bring their own band, or a latex band will be provided for them. Flat rate of \$10 applies, per class, for members and non-members. All levels

MIND/BODY CLASSES

Vinyasa Flow: Vinyasa (translates to "flowing with breath") is a dynamic style of Hatha yoga which joins physical postures, or asanas, with inhaled and exhaled breath, creating a steady internal rhythm for the practice. Flow classes are designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, arm balancing, and a strong focus on the power of breath awareness. Flow yoga classes tend to be more vigorous and aerobic, and classes can have a variety of music and themes. All levels

Anusara Yoga: Anusara means "flowing with grace," "going with the flow," "following your heart," and this practice focuses on experiencing bliss and joy in your yoga practice and your daily life. Anusara emphasizes the Universal Principles of Alignment as the focal point of its practice, which underlie all of the physical asanas. These principles are important in the practice of yoga as they give you guidelines on how to align your body, heart and mind in a way that provides integration, fostering optimal circulation, strength, good health and wellbeing. Anusara follows a Vinyasa Flow style, holding some (key) poses for a longer time while connecting you to your breath as a guide in your asana practice. Vinyasa flow warms up the body and links the focus of the class to the physical expression. Holding the poses allows for more explanation of the key alignment principle and the linking of the spiritual intention to your body. Class ends with meditation and relaxation. 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

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

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

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

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

INDOOR CYCLING CLASSES

HIIT Spin®: an indoor cycling class that ramps up the intensity by offering high intensity interval training for 30 minutes. An accelerated warm starts the class, and we hit the intervals straight away to maximize our time under tension. Intermediate-Advanced

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

Spin® and Strength: is a one hour indoor cycling class that begins with approximately 35-40 minutes of cardiovascular work intervals of varying intensity on the bike and concludes with 20-25 minutes of strength work in a separate space. The strength work will be presented in a circuit style and will offer at least one exercise of each: functional, big and small muscle group isolation, core abs and core back. 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

AQUA CLASSES

AquaTone: is a low impact, high cardio class that incorporates abdominal and upper body strength and toning moves throughout the entire class, with the assistance of hand buoys, noodles and kickboards. Though the focus is on abs and arms, it provides an intense cardio workout. All levels

AquaZumba: A cardio aqua class inspired by the land Zumba classes! All levels

Deep H₂O: Cardio, strength, and flexibility class using water resistance and the deep part of the pool. All levels

H₂O Freestyle: Cardio, strength, and 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

Aqua Bikes: is a low impact, high cardio class that uses an aqua bike. An aqua bike is similar to the indoor stationary cycles you see at the gym, except that they're placed in the water. They have pedals that are average-sized and a seat and handlebars, much like a regular bike. These bikes are submerged in about 3-4 feet of water, and the rider pedals against the water. Aqua cycling is a challenging cardio and strength workout that is great for many types of exercisers, including those with mobility issues or those recovering from an injury. The water's buoyancy helps to provide support to working muscles and joints, and the moisture in the pool helps to draw heat away from the body and regulate body temperature. Fee applies \$10/class for members, \$20/class for non-members. All levels