



# GROUP FITNESS CLASS DESCRIPTIONS

## ADULT CROSS TRAINING

Do you do the same workouts day after day? If so, you need cross-training! Cross-training involves combining exercises to work various parts of the body to eliminate imbalances that can arise when we focus on one particular activity. This class will help you to improve overall performance by combining strength, power, endurance, and plyometric components.

## bALLET

Ballet develops strength, flexibility, balance, and grace through extension. Its total-body engagement ultimately develops a more athletic, functional, and refined body. This class is for adult beginner looking for a low-impact class.

## BARRE above™

Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape.

## KG Beginning Strength

Beginning Strength uses low intensity strength training improves muscle, bone, and joint strength while helping to develop overall stability. All exercises can be modified, all fitness levels and abilities welcome!

## LES MILLS BODYATTACK

BODYATTACK® is a high-energy, sports-inspired cardio workout that will challenge you with strong, simple, moves and pumping music. Take the high impact options to push your endurance limits, or take the low options and focus on building your strength and cardio stamina.

## LES MILLS BODYBALANCE

BODYBALANCE® is a class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. BODYBALANCE brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

## LES MILLS BODYCOMBAT

BODYCOMBAT® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast, and feel like a champ.

## LES MILLS BODYJAM

IF YOU WANT TO DANCE, THERE'S NOTHING LIKE IT! House, hip-hop, Drum 'n' Bass, Trap, and all styles of electronic dance music. It's the soul of BODYJAM®.

## LES MILLS BODYPUMP

BODYPUMP® is the original barbell workout that gives you the fastest way to tone and condition your muscles. Backed by scientific research, BODYPUMP® creates rapid fat-burning while building strength and endurance.

## LES MILLS BODYSTEP

BODYSTEP® is the ultimate way to give your body a high energy cardio blast that will tone the hips and thighs. With over 2,000 steps per session you'll see the results in record time. Get in step with one of the best fitness classes the world has to offer.

## Chair Yoga

A great class for members who want a gentle approach to yoga. Experience the stretching and calmness of a traditional yoga class while sitting!

## LES MILLS CORE

Exercising muscles around the core, Les Mills CORE™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, and all the moves have options, so it's challenging but achievable for your own level of fitness.

## Gentle Yoga

Renew your mind and body through simple and gentle movements. This class is perfect for anyone looking to improve flexibility, great for all fitness levels. Yoga Level 1.

## LES MILLS GRIT

Go hard. Rest. Go harder. Rest. Go again. Rest. Repeat. The LES MILLS GRIT® Series features three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time.



Group Cycling classes combine energizing music with a unique fitness workout for powerful results. You get all the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting.

### Intermediate Yoga

Already familiar with yoga basics and want to deepen your practice? Learn about yogic philosophy—uniting breath, movement and meditation, and how to go farther into postures while building stamina and core strength. Yoga Levels 2-3.

### Kids SWEAT

Kids SWEAT is a 45-minute class for children ages 5-12 that is designed to introduce kids to healthy living habits and making fitness a priority. Workouts will focus on total body conditioning as well as coordination, balance, and aerobic output.

### Kids Yoga

Kids Yoga is a 45-minute class just for kids ages 5-10. Parents are welcome to attend or leave their children with the instructor.



Start your day with a light cardio workout followed by balance and strength training exercises to fun music. All moves can be modified to suit your specific fitness needs and goals!



Low Impact Circuit Training is a mix of strength and cardio. Each class includes a wide variety of components designed to challenge each part of your body all while feeling successful and accomplished!

### Pilates

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture and enhance mental awareness. This 45 minute class will concentrate on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.



Power Yoga offers a variety of breathing, movement, and meditation techniques designed to improve your power stances and work joints ranges associated with your major muscle groups. Yoga Levels 1-3.

### PURE STRENGTH

Improve joint strength and balance with simple exercises designed to improve your stability. This class is designed for those looking low intensity strength building.



Find your own rhythm in a cycling workout that delivers maximum cardio results with minimum impact on your joints. RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding.



Featuring simple but hot dance moves- set to a soundtrack of chart-topping popular hits, dance music, familiar classics, and modernized Latin beats, SH'BAM is the perfect way to shape up and let out your inner star even if you're dance challenged.



SPRINT® is a 30-minute High-Intensity Interval Training (HIIT) workout on an indoor bike. We combine bursts of intensity, where we work as hard as possible, with periods of rest that prepare for the next effort. Payoff? You smash your fitness goals, FAST!



Strength & Conditioning is a 45-minute muscle building class using a mixture of dumbbells, resistance bands, and body weight exercises to sculpt and define arms, back, legs and glutes.

### SWEAT

This 45-minute strength and conditioning class is perfect for all levels. Provides an excellent balance of both anaerobic and aerobic work focusing on total body functional movements



Yoga Rebel is a unique athletic blend of Pilates, Yoga, toning movements. The mind/body format moves fit perfectly together to form choreography that is fun and challenging.



Zumba is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.