

# Group Exercise Class Descriptions

**Boot Camp:** Be ready for strength and cardio in a boot camp style. Fast paced and filled with challenges. This class is for those who are serious about getting in shape!

**Circuit:** Maximize your workout time! This interval training class has it all- strength training, high intensity cardio and lots of ab work to target stored body fat. This fast pace, intense class uses a variety of exercises and equipment to keep you working hard class after class.

**Crunch:** It's all about the abs and core in this power packed 1/2-hour class.

**Define:** This hard-core sculpting class is just what you need to add cuts, contours and tone your entire body. **Define + abs** devotes additional time to ab and core work. **Define Intervals** integrates cardio/strength intervals.

**Double Pump:**

This 45-minute class combines strength, cardio and core with a unique format each and every class. Games are possible - fun is definite!

**F.I.T.:** Fast Integrated Training. Challenge yourself with this intense conditioning class based on work capacity circuits, body weight strength, speed and agility. The variety will always keep you and your body guessing.

**Fit For Life:** Develop a lifelong skill that can increase your longevity. Strength training! Whether you are a beginner or have been lifting for years this 45-minute workout will improve your quality of life.

**F.I.T. Bar:** Inspired by traditional barre classes, FIT Bar is designed to bring balance to the body of gym enthusiasts using a combination of poses inspired by ballet, Yoga and Pilates while using a Barbell. Each body part will be strengthened using the length of the lever to create dynamic results. This class is truly beneficial to all levels.

**Glutes, Core & More:** An all-levels class that specifically targets body parts that are often overlooked. Having a strong core, from our shoulders all the way to our hips and glutes, improves our athletic performance and prevents injuries.

**Kickboxing:** This knockout class is all you need to burn un-wanted fat! You'll get your cardio and strength training through kickboxing moves using bags, dumbbells and more.

PARTICIPANTS NEED TO BRING THEIR OWN GLOVES.

**Les Mills BODYATTACK™:** 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 up to 555 calories\*\* and leaving you with a sense of achievement.

**Les Mills BODYPUMP™:** This 45-to-60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

**Les Mills BODYCOMBAT™:** Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 570 calories\*\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

BODYCOMBAT is available as either a 55, 45 or 30-minute workout.

**Les Mills GRIT™:** A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, build lean muscle, improve cardiovascular fitness, and increase speed and explosiveness to make you perform like an athlete. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups while creating a maximum calorie burn!

# Group Exercise Class Descriptions, continued

**Les Mills CORE™:** Exercising muscles around the core, CORE™ 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 CORE™ have options, so it's challenging but achievable for your own level of fitness. During the 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.

**Pilates:** Pilates mat class, focusing on building core strength through a variety of exercises, primarily targets abdominals, back, hips and glutes. Spinal stabilization, toning and flexibility are also added bonuses. The Core is our body's powerhouse, and this class will strengthen this key area of our bodies!

**PiYo:** A Pilates/Yoga inspired class designed to build strength and gain flexibility. Upbeat and energetic music will guide you through this fun, fast-paced format. All levels welcome - everything can be modified!

**Step:** An intense aerobics class using the Step with particular emphasis on hips, thighs, abdominals, and buttocks.

**Yoga:** Classes are fitness based and great for increasing mindfulness and flexibility. Gain clarity and honor the strength you already possess through gentle movement and strengthening sequences. All levels welcome.

***Yoga Express*** is a 30-minute express workout.

***Beginner Yoga*** is the perfect introduction to yoga.

**WERQ:** A fiercely fun dance fitness workout class based on pop, rock, and hip-hop music. The signature warmup previews the dance steps used in class and the cooldown includes balance and yoga inspired poses. Are you ready to WERQ?

**Zumba:** The craze across the country! Latin inspired workout will give you cardio, and great target toning of the glutes, legs, abs, and arms. Great class to come to with your friends and have a blast!

**Zumba Toning:** Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

# Group Exercise Class Descriptions, continued

## Water W.E.T Descriptions

**Aqua Fit:** Aqua fit is an exercise-based class, that can help improve heart health and cardiovascular strength by showing you how to build endurance with each song. With high energy music and basic exercises to start, this class provides many different options to target all over body strength. This class will use water weights, water, noodles, and even a kick board to help you achieve your improved strength training goals.

**W.E.T. Aerobics:** Enjoy our cardiovascular workout including warm-up, cool down, and stretching.

**W.E.T. Conditioning:** Strengthen and tone in this class using a variety of equipment.

**W.E.T. Current Conquest:** This class is a calorie burning, high energy pool workout, set to upbeat music to keep you motivated. The class will utilize a variety of equipment to help tone the entire body and keep your heart pumping. The class will work primarily against the current and will focus on strength and conditioning in the last 20 minutes of the class without the current, giving you a workout like no other. Be prepared to sweat!

**W.E.T. Seniors:** A class geared toward the seniors. A full body strength and conditioning class. Range of motion/flexibility is a large consideration in this class.

**W.E.T. HiYo:** Burn massive calories in this cardio interval workout. Total body conditioning with less joint stress makes Hi-Yo appropriate for all ages and fitness levels. High intensity segments (HI) are paired with Yoga inspired moves for recovery (YO).

**Aqua Zumba:** Experience Zumba in the water! Latin inspired workout will give you cardio, and great target toning of the glutes, legs, abs, and arms. Great class to come to with your friends and have a blast!

**Aqua Strong - Your Core & More:** These fun and energetic, higher impact movements will lift your spirits while engaging all the major muscle groups. A phenomenal full body workout without the added stress on your joints.

**H2O - FUNctional WHOLEbody:** This class will target functional body movements. The moves will be slow and controlled while utilizing gloves, dumbbells and noodles for optimal results, while protecting your body from strain, stress or injury. This medium to high impact cardio/strength class will target range of motion, flexibility, stability and core strength.

# Group Exercise Class Descriptions, continued

## RIDE Classes

**Ride:** A 45-minute class that is good for new riders and experienced riders. Choose your own level and pace and we take you through a variety of rides that focuses primarily on cardio endurance and strength.

**Express Ride:** A 30-minute class that is good for new riders and experienced riders. Choose your own level and pace and we take you through a variety of rides that focuses primarily on cardio endurance and strength.

**Les Mills RPM™:** is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session\*\*. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate 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!

**\*\*\*Virtual Classes:** Classes are broadcasted on our (3) 86 " Flatscreen TVs in our spin studio. No instructor present and the class will AutoStart at the scheduled time.

**Les Mills RPM™ Virtual:** Les Mills RPM™ is a virtual group indoor cycling workout where you control the intensity. Just like Les Mills RPM™ only virtual!

**Les Mills SPRINT™ Virtual:** 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 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.

## Group Exercise Policies

Always inform your physician before starting a new exercise program. Inform the instructor and club of any health issues or if you become pregnant.

Workout at your own pace and listen to your body. If something hurts, stop. Know the difference between discomfort and actual pain. work within your target heart rate. If you are unsure, ask an instructor.

Be considerate of others in class. For the safety of all members, be sure to keep a safe distance between you and other members/instructor, do not use equipment or weights unless instructed by an instructor, and follow class format and routine as instructed.

Wear a separate pair of workout shoes for in the club. This keeps your shoes in shape and helps maintain the studio floors.

Bring a water bottle and be sure to keep hydrated through the class.

All equipment should be returned to its proper place at the conclusion of each class.

Equipment may not be removed from the studio door unless instructed by and instructor.

Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 10 people may be dropped. Always make sure you sign up ahead of time online or on the app as well as sign in for each class!

If you have any questions or concerns, contact:

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# Group Exercise Class Descriptions, Classes not Currently Offered

**Power Hour:** One hour of a combination of heavy cardio, strength and core. Anything goes in this class! Challenge yourself and feel great!

**Tread and Shed:** Need an early morning kicker? Try this 1/2-hour class on the treadmills upstairs that will get your heart pumping and your body energized for the whole day!

**Interval-Core Ride:** Intervals are the fastest way to fitness. Each class has different intervals for 45 min. Last 15 minutes are core strengthening.

**Power Ride:** Ride into high gear with this exhilarating 45-minute cycling class. Instructors will demonstrate intensity options.

**W.E.T. Current Challenge:** Working against the current will challenge your whole body.

**W.E.T. & Deep:** Working out deep! Includes cardiovascular, resistance, toning, warm-up, cool down and stretching.