

# GROUP EXERCISE CLASS DESCRIPTIONS

## **BODYPUMP™**

THIS 60-MINUTE WORKOUT USES LIGHT TO MODERATE WEIGHTS WITH LOTS OF REPETITIONS THAT WILL CHALLENGE ALL YOUR MAJOR MUSCLE GROUPS BY USING EXERCISES LIKE SQUATS, PRESSES, LIFTS, CURLS AND MORE. SET TO GREAT MUSIC, OUR AWESOME INSTRUCTORS WILL LEAD YOU WITH THE CORRECT FORM AND LOTS OF ENCOURAGEMENT. YOU'LL LEAVE FEELING SWEATY AND EMPOWERED!  
(BODYPUMP EXPRESS IS A 45-MINUTE CLASS).

## **BODYCOMBAT™**

BODYCOMBAT IS THE EMPOWERING HIGH ENERGY CARDIO WORKOUT WHERE YOU ARE TOTALLY UNLEASHED. THIS FIERCE PROGRAM IS INSPIRED BY MIXED MARTIAL ARTS AND DRAWS FROM A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAEKWONDO, MUAY THAI, AND FUNG FU. YOU'LL BE PUNCHING AND KICKING YOUR WAY THROUGH CLASS WHICH IS ALL NON-CONTACT. NO EXPERIENCE NEEDED TO HAVE A GOOD WORKOUT!

## **CARDIO 'N' TONE**

THIS CLASS INCORPORATES BOTH HIGH INTENSITY CARDIO AND STRENGTH TRAINING EXERCISES. JOIN THIS CLASS IF YOU ARE LOOKING FOR A WORKOUT TO PUSH YOU TO ANOTHER LEVEL.

## **CORE**

AN INTENSE 30-MINUTE WORKOUT DESIGNED TO STRENGTHEN YOUR CORE MUSCLES. IMPROVE YOUR POSTURE AND BUILD CORE MUSCLE GROUPS THROUGH A VARIETY OF EXERCISES DESIGNED TO STRENGTHEN YOUR ABDOMEN AND BACK MUSCLES WHILE INCREASING YOUR FLEXIBILITY.

## **SPIN**

DONE ON A STATIONARY BIKE, THIS WORKOUT WILL FOCUS ON INCREASING AEROBIC AND MUSCULAR ENDURANCE BY ENCOURAGING INTERVALS OF FAST PACE AS THE INSTRUCTOR GUIDES YOU THROUGH RUNS, JUMPS, INTERVALS, SPRINTS, AND CLIMBS.

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## **MAT PILATES**

DISCOVER AND EXPLORE DIFFERENT INTERNAL MUSCLES THAT ARE OFTEN MORE DIFFICULT TO FIND THAT ARE CRUCIAL IN SUPPORTING YOUR PHYSICAL STRUCTURE. THIS JOURNEY WILL REFERENCE THE IDEA OF FINDING STRENGTH IN EASE AND RELEASE.

## **YOGA**

IN VINYASA YOGA YOU'LL WORK ON LINKING YOUR POSES FLUIDLY WHILE ALSO HOLDING EACH LONG ENOUGH FOR YOU TO ADJUST TO A HEALTHY ALIGNMENT AND MENTAL AWARENESS. YOU'LL ALSO WORK ON YOUR BREATHING AS YOU SHIFT THROUGH THESE POSES. YOU'LL LEAVE FEELING CALM, RELAXED, AND EVEN STRONGER.

## **ZUMBA**

ZUMBA IS A FOLLOW ALONG, DANCE-BASED CARDIO AND MUSCLE CONDITIONING CLASS THAT INTERTWINES INTERNATIONAL RHYTHMS, DANCE MOVES, AND MUSIC TO CREATE THE ULTIMATE DANCE PARTY WORKOUT! EXPERIENCE SALSA, REGGAETON, MERINGUE, CHA CHA, BELLY DANCE, CUMBIA, AND MORE. NO DANCE EXPERIENCE IS NEEDED.

## **CIRCUIT 45**

IN THIS CLASS YOU WILL CIRCLE THROUGH STATIONS THAT WILL PROVIDE YOU WITH A MIX OF CARDIO AND STRENGTH EXERCISES. DONE IN A HIIT (HIGH-INTENSITY INTERVAL TRAINING) STYLE FORMAT YOU'LL WORK HARD FOR A CERTAIN AMOUNT OF TIME AND GET SOME REST BEFORE YOU DO IT AGAIN. YOU'LL WORK ON ALL MUSCLE GROUPS AND FEEL YOURSELF GETTING STRONGER AFTER EACH CLASS.

## **LM CORE**

THIS CLASS BUILDS STRENGTH, STABILITY AND ENDURANCE IN YOUR CORE AND THE MUSCLES THAT SUPPORT YOUR CORE. THE INSTRUCTOR WILL LEAD YOU THROUGH WORKOUTS WITH THE RIGHT FORM, MODIFICATIONS, AND MOTIVATION TO GET YOU THROUGH THIS TUMMY BURNER. YOU'LL WORK ON A VARIETY OF MOVES WITH RESISTANCE BANDS, WEIGHTS, AND BODYWEIGHT EXERCISES. YOU'LL ALSO SEE SOME MOVES THAT HIT THE HIPS, BUTT AND LOWER BACK!