

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 AND LET YOU LEAVE FEELING LIKE A CHAMP!

CARDIO DANCE

CARDIO DANCE IS ALL ABOUT HIGH-ENERGY DANCE ROUTINES THAT ARE MEANT TO HELP YOU BREAK A SWEAT WHILE DANCING TO FUN, POPULAR SONGS. THIS WORKOUT FOCUSES ON MOVEMENTS THAT ARE BIG, EXPLOSIVE, ENERGETIC, AND FULL OUT INTENDED TO IMPROVE YOUR CARDIOVASCULAR HEALTH.

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.

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. FEEL SWEATY WHILE HAVING FUN, THIS CLASS IS FOR ALL LEVELS AND MODIFICATIONS ARE PROVIDED!

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CORE

AN INTENSE 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.

HIIT

HIGH INTENSITY INTERVAL TRAINING (HIIT) - A CARDIO AND STRENGTH-BASED WORKOUT TAKING YOU THROUGH MULTIPLE INTERVALS DESIGNED TO INCREASE YOUR HEART RATE DURING PERIODS OF WORK, AND ALLOW YOUR HEART RATE TO SETTLE BACK DOWN DURING PERIODS OF REST. THIS DESIGN ALLOWS YOU TO ENTER THE NEXT INTERVAL FEELING POWERFUL! SET TO FUN MUSIC, THIS WORKOUT WILL LEAVE YOU FEELING FIT AND ENERGIZED! CLASSES ARE OPEN TO ALL LEVELS AND EQUIPMENT MAY BE USED DURING SOME SESSIONS.

LES MILLS 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!

LES MILLS GRIT- ATHLETIC

LES MILLS GRIT ATHLETIC IS A HIGH INTENSITY INTERVAL TRAINING SPORTS CONDITIONING WORKOUT DESIGNED TO HELP YOU PERFORM LIKE AN ATHLETE. USING A STEP, BODYWEIGHT, AND MULTI-DIMENSIONAL SPORT CONDITIONING MOVES, YOU'LL INCREASE YOUR ATHLETIC PERFORMANCE INCLUDING STRENGTH, AGILITY, SPEED, AND POWER. SET TO A POWERFUL PLAYLIST, AND WITH MOTIVATIONAL INSTRUCTORS PUSHING YOU ALONG THE WAY, YOU'LL LEAVE FEELING LIKE THE POWERFUL ATHLETE THAT YOU ARE. ALL WHILE GETTING FIT AND HAVING FUN!

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LES MILLS GRIT- STRENGTH

LES MILLS GRIT STRENGTH IS A HIGH INTENSITY INTERVAL TRAINING WORKOUT (HIIT) DESIGNED TO IMPROVE STRENGTH, CARDIOVASCULAR FITNESS, AND BUILD LEAN MUSCLE. THIS CLASS USES SMALL BARBELLS, WEIGHT PLATES, AND BODYWEIGHT MOVES THAT TARGET ALL MAJOR MUSCLE GROUPS. WITH A POWERFUL SOUNDTRACK, INSTRUCTORS WILL GET YOU PUMPED UP AND MOTIVATED TO GO HARDER AND HAVE FUN!

PILATES

PILATES IS A MIND BODY CLASS THAT FOCUSES ON STRENGTH, FLEXIBILITY, AND POSTURE. WHILE WORKING ON CORE, AND BREATHWORK YOU MAY USE SOME EQUIPMENT LIKE RINGS, BANDS, OR THE MAT TO GET YOUR BODY FEELING REJUVENATED AND READY TO GO. COME TO WORK HARD AND LEAVE FEELING RELAXED.

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. SET TO AN AWESOME UP BEAT PLAYLIST TO KEEP YOU PUSHING THROUGH THE ENTIRE CLASS, LEAVE FEELING SWEATY AND BETTER THAN BEFORE YOU CAME THROUGH THE DOORS!

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.