

GROUP FITNESS CLASS DESCRIPTIONS

PROGRAM	DESCRIPTION	EQUIPMENT	INTENSITY	RESULTS
 STRENGTH	LES MILLS BODYPUMP BODYPUMP® is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories.	Weight Bar Plates Aerobic Step	Beginner to Intermediate	<ul style="list-style-type: none"> Increases strength & endurance Tones & shapes Helps maintain bone health
 CARDIO	LES MILLS BODYCOMBAT BODYCOMBAT® is a martial-inspired full-body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.	N/A	Intermediate	<ul style="list-style-type: none"> Tones & shapes Increases strength & endurance Builds self-confidence
 CARDIO	LES MILLS BODYVIVE BODYVIVE™ is the optimal mix of strength, cardio and core training. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. It is a low-impact workout that lets you choose just how hard you want to work.	Resistance Band Mat	Beginner to Intermediate	<ul style="list-style-type: none"> Increases strength & endurance Improves heart & lung health Increases flexibility
 FLEX  CORE	LES MILLS BODYFLOW During BODYFLOW, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.	Yoga Mat	Beginner	<ul style="list-style-type: none"> Improves joint flexibility & range of motion Tones & shapes Enhances mental wellbeing
 CARDIO	LES MILLS RPM RPM® is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit.	Cycle Bike	Beginner to Intermediate	<ul style="list-style-type: none"> Improves heart & lung fitness Increases leg strength & endurance
 CARDIO	LES MILLS SPRINT 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.	Cycle Bike	Intermediate to Advanced	<ul style="list-style-type: none"> Improves heart and lung fitness Improves leg strength and endurance Build lean muscle
 CARDIO	LES MILLS BODYSTEP BODYSTEP® is a full body cardio workout that gets everyone from new comers to fitness veterans energized. This class will really tone your butt and thighs.	Aerobic Step Weight Plate Mat	Beginner to Intermediate	<ul style="list-style-type: none"> Improves heart and lung fitness Improves agility & coordination Increases strength & endurance
 CORE	LES MILLS CXWORX CXWORX® provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do— it's the glue that holds everything together.	Resistance Band Weight Plate Mat	Beginner to Intermediate	<ul style="list-style-type: none"> Tightens & tones Core muscles improve functional strength for balance, mobility & injury prevention
 CARDIO	 ZUMBA ZUMBA® We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often classes exercise in disguise.	N/A	Beginner	<ul style="list-style-type: none"> Burns calories Tones & shapes Develops self expression Improves coordination
 CARDIO	 ZUMBA gold ZUMBA GOLD is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.	N/A	Beginner	<ul style="list-style-type: none"> Cardiovascular endurance Increases Flexibility Improves balance & coordination
 CARDIO	Cardio Dance Cardio Dance is a hot follow along dance fitness class that is as much of a party as it is a workout. This class combines fun, easy to follow dance moves with today's popular music.	N/A	Beginner	<ul style="list-style-type: none"> Burns calories Tones & shapes Develops self expression Improves coordination

	YOGA Yoga- This Restorative Class offers participants a chance to explore and refine the basic postures, breathing techniques and mind-body connections of Yoga. It is the perfect class for beginners – intermediate level students, physical therapy patients, and regular practitioners of Yoga.	Yoga Mat	Beginner to Intermediate	<ul style="list-style-type: none"> Improves joint flexibility & range of motion Tones & shapes Enhances mental wellbeing
	POWER YOGA Power Yoga- This vigorous class uses deep breathing and flowing movements to invigorate, detox and heal the mind and body. Prepare for some challenging sequences and an overall great workout building core strength, flexibility, balance and endurance.		Advanced	<ul style="list-style-type: none"> Increases flexibility, strength & stamina Reduces the risk of injury Improves posture Increases blood flow
	PILATES Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Pilates' system allows for different exercises to be modified in range of difficulty from beginner to advanced. Intensity can be increased over time as the body adapts itself to the exercises.	Yoga Mat	Beginner	<ul style="list-style-type: none"> Improves joint flexibility & range of motion Tones & shapes Enhances mental wellbeing Builds lean muscle Develops core strength, balance and coordination
	POP PILATES POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched.	Yoga Mat	Intermediate	<ul style="list-style-type: none"> Improves joint flexibility & range of motion Tones & shapes Enhances mental wellbeing Builds lean muscle

SPECTRUM OF INTENSITY

