

GROUP FITNESS CLASS DESCRIPTIONS

UNLIMITED GROUP FITNESS FOR ONLY \$15 A MONTH

Core, Strength & Stability: Class focuses on the CORE muscle groups relying on the stability ball and weights as tools in increase intensity of exercises.

BODYSTEP, ATTACK AND CORE LesMills Bodystep and Bodyattack also concentrating on core strength and stability all combined for one hour.

Cycling: Instructors will 'coach' you through a series of intervals on the cycles using the beat of the music as an intensity guide. Your ride will consist of hills, flats, and sprints; mimicking an outdoor ride.

Recovery Ride: an essential component to any fitness program, recovery rides focus the mind, circulate blood and oxygen throughout the body, and promote healing.

Endurance Ride: 90 minutes of pure cycling cardio. Your ride will consist of hills, flats, and sprints; mimicking an outdoor ride.

Pilates: Pilates is a body conditioning method to strengthen and stretch muscles. Development of muscles without bulking up, increase abdominal strength improves posture and balance, increase flexibility and joint mobility.



300 – 400 CALORIES BURNED: the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



500 – 600 CALORIES BURNED: the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



500 – 700 CALORIES BURNED: the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



500 – 700 CALORIES BURNED: the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness



500 – 700 CALORIES BURNED: is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



500 – 700 CALORIES BURNED: RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics re-mixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied. **45 MINUTE CLASS**



Muscular Strength and Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for sitting and/or standing support.

Cardio Circuit: The SilverSneakers class that is one step up from MSROM. This class involves more cardio-focused movement and less time in the chair. If you are looking to compliment MSROM or need more of a challenge, this is the class for you.

Yoga Stretch: New class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you'll do at your own pace. Using a chair for support, you'll help increase flexibility, build endurance and learn how to relax and think more clearly.