

# Group Fitness Class Descriptions

## Go Where The Fun Is!



(30 Minute class) LES MILLS GRIT™ offers three unique workouts that provide the ultimate cross-training platform:

### Intermediate/Advanced Levels:



- A 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.



- Using barbell, weight plate and body weight exercises, LES MILLS GRIT™ Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.



- Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines high impact body weight exercises and uses no equipment.



Is 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 730 calories\* and leaving you with a sense of achievement.



- **ALL Levels** - 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, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.



- **ALL levels** – Athlete inspired! A technical, invigorating combination of Tai Chi, Yoga, and Pilates challenging your body, mind, and spirit through standing strength, hip openers, balance, and core. This class is a workout and will re-shape the way you think and feel!



- **ALL levels** - The most successful group fitness program in history, 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!



- **ALL levels** – 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 trial, and interval training. Discover your athlete within-sweat and burn to reach your endorphin high. **Please ask for a ticket at front desk... limited bikes. (Classes range from 40-50-60minutes)**



- **ALL levels** - Cutting edge researched moves designed to provide you with the ultimate way to tighten your core. Dynamic training of your abs, glutes, back, obliques which will connect the sling of the upper and lower body components.



- **All Levels – 30 minutes** - A shorter version of BodyPump (above) which is paired with CXWORX to achieve an all over body workout that ends with an intense workout for the core to build strength and add muscle tone.



- **ALL levels** – Get ultra-lean and intensely defined with PiYo Live™, a combination of Pilates and yoga-inspired moves, set to a faster pace for serious fat burn—and fun!



- **ALL levels** – This cardio craze has finally hit the Sports Club. An urban dance mix of Latin Rhythm that is sure to excite the crowd. Working out has never been so much FUN!




- **Ages 8 and up** (with parent ages 8-13) – This cardio craze has finally hit the Sports Club. An urban dance mix of Latin Rhythm that is sure to excite the crowd. Working out has never been so much FUN! **This class is for the entire family!!**



**- Aqua Fit – All Levels- 60 Minutes.** - A mix of cardio and strength moves and drills in the water to raise your heartrate, burn calories and tone the body. Less stress on the joints but still challenging for any level of modification.

**BFitKids- Ages 8 – 14. 60 Minutes.** - Kids fitness class which offers cardio and strength components in a fun yet challenging way and designed specifically for this age group. Various equipment will be incorporated into this class such as bands, balls, benches, jump ropes and body weight.

**BOOT CAMP-ALL Levels** - This class is designed to challenge the entire body. Endurance weight lifting combined with exercises such as lunges, squats, running and plyometrics are used to get the heart rate pumping and challenge all of your muscles.

**FREESTYLE 60 ** - **ALL Levels** - Our instructors are bringing their personality and knowledge of coaching into this fun class. If you are an avid cyclist or an amateur this class is for you. Come join us as we play a variety music with studio lights shining bright to lead you through a variety of techniques to ensure you have a successful riding experience (It is recommended to bring a water bottle and towel.)

**SPIN & SCULPT – All Levels** – An exciting cycling class that incorporates hand weights to add upper body strengthening all while you spin non-stop to great music. The end of this class also includes an ab/core focus to keep you fit all over!

**FULL BODY FUSION- All Levels** - Target all of your major muscle groups by focusing on muscle strength & endurance with the use of various exercises and equipment to burn serious calories and sculpt and tone your entire body!

**CRUNCH & BURN – All Levels** – Targets all of those trouble zones by sculpting and lengthening your muscles through a blend of strengthening core and glute exercises.

**HARD CORE – All Levels- 30 Minutes** – Total core strength and conditioning. Functional training to improve your fitness level that will torch calories and you're your core muscle groups with strength, endurance, flexibility, motor control and function components. **Research has shown that athletes with higher core stability have a lower risk of injury**

**YOGA- ALL Levels** - Mind, body and spirit, these classes have it all. If you are searching for a way to decrease your stress level and increase your flexibility then this is the class for you.

**THERAPEUTIC YOGA – ALL levels** - The focus of this class is connecting mind, body, and breath with stretch. The majority of the class is done in a supine position with focus of elongating. Individualization and modifications are encouraged.

**RESTORE & RENEW YOGA - ALL Levels- 60 minutes** - A therapeutic style of yoga that nourishes all levels of our beings. Physical, mental, emotional and spiritual. By connecting the body with the breath we are able to quiet the mind. The longer that we are able to hold the pose, we start to get into that connective tissue. This is where we start to gain flexibility and stamina. Also stimulates and increases blood and oxygen flow. Beginners are welcome.

**DEEP RELAXATION WITH HYPNOTHERAPY- ALL Levels- 60 minutes** - Positive Thinking through Deep Relaxation with Hypnotherapy, focusing on the breath to release tension followed by a structured guided meditation to learn to 'Let Go' of negativity, to feel rejuvenated! and to gain control of your powerful mind and body! Using positive affirmations for intentions to manifest a well-balanced & healthy life."