

## **INDOOR CYCLING:**

RPM™

Les Mills RPM™ is an indoor cycling class, choreographed and set to the rhythm of motivating music including a variety of terrains. Upbeat cycling workout and improved cardiovascular conditioning.

### Cycling – Beginner

If you are new to cycling, this is a great place to start! Class will focus on bike set-up, riding positions, riding terminology and begin building cardiovascular strength and endurance.

### Cycling - Intermediate/Advanced

Take your cycling ride to the next level. This class challenges riders' endurance and toughness. Recommended for Intermediate & Advanced Exercisers.

### Senior Cycling

For older members it is important to stay active. This class allows you to train your muscles against various resistance levels without compromising joint stability in an energizing way and improves balance. Basic set up included.

## **GENERAL GROUP EX:**

Zumba®

Fat blaster! Fuses hypnotic Latin and world rhythms for a dynamic interval workout!

### Zumba® Toning

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

### Zumba® Gold

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 focuses on balance, range of motion and coordination.

### Zumba® Gold-Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using light weights to shake up those muscles!

### Turbo Kick®

An addictive workout combining shadow boxing, kickboxing, sports drills, dancing, and yoga in a party atmosphere. This is an interval-based workout for all levels that is fun, exciting and powerful.

### BODYPUMP™

Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories\*.

### BODYPUMP™ Express

A 30 or 45-minute version of your favorite total body barbell workout.

### Step Aerobics

A cardiovascular workout that utilizes the step in varying speeds, directions and positions. This workout strengthens and shapes the lower body, one step at a time.

### Step Aerobics - Advanced

An advanced version of our step aerobics class. Intermediate fitness level recommended.

### Step & Strong

A choreographed step class that incorporates strength training with light dumbbells, resistance bands, and/or body weight work.

### Cardio Mix

A combination of different low-impact cardiovascular moves that is appropriate for all fitness levels.

### Cardio Agility

This class utilizes creative and sporty exercises to help you build all-around fitness, with intervals of body weight or dumbbell exercises.

### Cardio Kickboxing

This class combines intense kickboxing intervals with core-strengthening exercises to strengthen your core and burn calories fast!

### STRONG

A class designed to develop muscular strength, coordination, balance, and stability. Use a variety of dumbbells, resistance tubes, stability balls, medicine balls and/or functional movements that will challenge every major muscle.

### Senior Fitness

A class designed for seniors that includes a cardio workout followed by muscular toning and stretching. Care will be taken with the specific exercises chosen to prevent stress to the joints.

### Gentle Senior Fitness

Senior can improve endurance, strength, flexibility, and balance. This class will incorporate the use of chairs, resistance bands, and light weights.

## **PILATES & OTHER:**

### Qi Gong –

Similar to Tai Chi, this class focuses on the art and science of using breath, posture, movement, and/or sound to cleanse, refine, accumulate and circulate Qi in the body. Helps improve health, prevent illness, and increase quality of life.

### Mat Pilates – Beginning –

Learn the fundamental exercises of pilates to strengthen your core, lengthen your body and improve your posture. In this class your body creates the challenge to core stability.

### Mat Pilates – Intermediate/Advanced

Once you have learned the fundamental exercises of pilates, add more intensity through longer repetitions and more advanced options. Magic Circles, dumbbells, stability balls and/or resistance bands may be used to enhance the challenge.

### Yogalates-

A combination of yoga and pilates to enhance flexibility and strengthen the core. The class alternates between yoga poses and mat pilates exercises to get the benefit of both practices.

### Core-

This class focuses on strengthening muscles of the abs, lower back, and torso.

### CX WORX®-

Exercising muscles around the core, Les Mills CXWORX™ provides the vital ingredient for a stronger body. All the moves have options, so it's challenging but achievable for your own level of fitness.

### BACKCARE *Active EASE*

This class can help your back stay well, heal faster and prevent injury. Learn to: **ELONGATE** the body as you lengthen, limber and stretch. **ALIGN** the bones for safe, effective, and fluid motion. **STRENGTHEN** by using sound exercise principles found in Pilates, yoga, physical therapy and Dance Movement Therapy. **ENERGIZE** mind & body with humor, imagery & visualization. This class is an ideal platform for starting yoga and Pilates classes.

## Barre Fit-

A fusion class that works with the ballet barre, this class will combine elements of pilates, ballet, yoga and muscular endurance training to improve posture, increase balance and tighten your core.

## **YOGA:**

### Hatha Yoga – Beginning-

Uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. Recommended for beginning students to learn the correct alignment and breathing in basic yoga postures.

### Hatha Yoga – Intermediate –

Will include intermediate yoga postures and proper alignment. Continued work on stretching and proper breathing techniques. Solid basic yoga foundation recommended.

### Hatha Yoga – Advanced –

Will include postures, transitions, or techniques that require more awareness and experience. These classes may explore practices such as inversions, arm balances, deep backbends, have more rigorous or athletic sequencing; or require more developed flexibility or endurance. Participants should have prior yoga experience in intermediate yoga classes or higher levels.

### Vinyasa Yoga – Beginning –

A moderately paced class where students continue to build awareness, strength, skill, and focus. Vinyasa (also called Flow) classes maintain awareness and focus on the breath while moving through a series of postures.

### Vinyasa Yoga – Intermediate –

Various hand balances, arm balances and postures that require more strength are explored. Students should have an awareness of yoga postures and their own bodies and limitations and be willing to modify accordingly. Solid basic yoga foundation recommended.

### Vinyasa Yoga – Advanced –

In this class all types of postures are explored in greater depth. Postures are explored from various vantage points – holding for periods of time, from the requirement of greater flexibility and strength, and from the standpoint of developing more poise and ease in the face of greater difficulty. Participants should have prior yoga experience in intermediate yoga classes or higher levels.

### Restorative Yoga –

This class incorporates the use of props such as bolsters, blocks, straps and/or blankets to support the body in various poses. As well as using deep breathing techniques and meditation, supported postures are held longer to encourage deep relaxation.

### Ashtanga Yoga –

A challenging, vigorous and flowing style of Hatha Yoga. The system was developed by Sri Pattabhi Jois and consists of a fixed set of postures divided into several series. The foundation of Ashtanga focuses on unwinding the back body, aligning the entire body and providing healing from illness and injury. Ashtanga also incorporates breath control, isometrics and focused gazing into the sequence of postures.

### Viniyoga –

Deepen your practice through how the breath & spine integrate with each other during asana. Viniyoga is an asana practice that brings in a deeper awareness of how to use the breath to move. You could think of it as a moving meditation.

Yin Yoga –

Mostly sitting or lying postures to promote growth, clearing energetic blockages and enhancing circulation.

Vin Yin Yoga –

A blend of invigorating vinyasa flow and restorative yin poses, with Buddhist-inspired themes and meditation, set to beautiful music. This class is designed to increase your ability to go inwards and find peace.

Gentle Yoga –

Gentle stretching and breathing will help you enhance your awareness of your own body and create healthy patterns for reducing stress and body aches.

Family Yoga –

Basic yoga appropriate for all levels and ages 5 years and up would benefit from this practice geared toward developing flexibility and strength.

Prenatal Yoga –

This class is specifically designed for the journey of pregnancy. By linking yoga postures with breath, you make new discoveries and bring awareness to your mind, body, spirit and baby.

## **AQUA:**

Aqua Strong-

Increase strength and power utilizing the resistance of the water, and specialized water dumb bells and equipment. Class in shallow water.

Aqua Strong - Deep Water –

Increase strength and power utilizing the resistance of the water, and specialized water dumb bells and equipment. The deep water adds the challenge without the impact of shallow.

Aqua Cardio Mix-

Blast serious calories and discover endurance and increased range of motion. Class in shallow water.

Aqua Cardio Mix - Deep Water –

Blast serious calories and discover endurance and increased range of motion.

Senior Aqua Range of Motion –

This class is designed for seniors with physical limitations and is intended to improve range of motion, strength, flexibility and endurance.

Aqua Interval - Beginning-

Looking for a class that works everything? This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout at a beginner level.

Aqua Interval - Intermediate/Advanced-

Pump up the intensity without the strain on the joints and take it to the next level. This workout utilizes resistance training, cross training, and resistance bells to provide the best overall workout!

Aqua Yoga-

Water based yoga class designed to enhance mobility, stretch muscles, increase flexibility, and connect body to mind.