



Group Exercise Class Descriptions

- ◆ **20/20/20:** 20 minutes of upper body toning followed by 20 minutes of lower body toning and ending with 20 minutes of core training.
- ◆ **Fun & Fit:** a 45 minute low impact cardio class that is appropriate for all ages and fitness levels. Participants are encouraged to work at their personal best as the instructor offers both low & high intensity options. Music is a key motivational factor that definitely helps keep the feet moving.
- ◆ **Les Mills Body Step:** Athletic step class consisting of interval cardio peaks with strength segments using a step platform. This class is the ultimate way to give your body a high energy cardio blast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time.
- ◆ **Les Mills Body Combat:** Combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun.
- ◆ **Les Mills Body Pump:** A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.
- ◆ **Les Mills CXWORX:** All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.
- ◆ **Low on the Go:** A Low-Impact aerobics class for beginners and seniors. Utilizes the step.
- ◆ **P90X Remix:** A mixed-impact cardio class including some martial arts training and flexibility work.
- ◆ **Pilates:** Strengthen your body while increasing flexibility through a method of conditioning based on principles created by Joseph Pilates.
- ◆ **Spin:** A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session*. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Control your own resistance levels and speed, so you can build up your fitness level over time.
- ◆ **Step Mania:** A low-impact activity which involves stepping up and down on a platform while performing creating choreographic movement to music. This is for all levels, everyone is welcome!
- ◆ **Yoga:** Create balance in your life—body and mind, reduce tension, build strength and increase flexibility using classic yoga postures and relaxation techniques. Yoga tightens and tones the entire body, improves circulation and core strength. This is a great workout to decrease pain and enhance athletic performance.
- ◆ **Zumba:** A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.