



## CLASS DESCRIPTIONS

LES MILLS PROGRAMS	
	<b>BODYPUMP®</b> is a revolutionary weight training workout that strengthens tones and defines every muscle in your body. You get all the benefits of training and toning with weights in a group exercise class. Suitable for all levels of fitness and uses barbells and easily adjustable weights.
	<b>BODYSTEP®</b> is the ultimate step workout and one of the fastest ways to tone butts and thighs. Using simple to follow moves and inspirational music, this class allows you to train at the intensity you want without having to think too hard. Simple yet pre-choreographed prescribes a high energy, athletic cardio blast that is simple enough for all fitness levels.
	<b>BODYFLOW®</b> Responding to the huge popularity of tai chi, yoga, and Pilates, BODYFLOW® combines the benefits of these exercise forms as well as other eastern disciplines, into one challenging and invigorating experience using a unique blend of movement and music. It increases core strength, flexibility and mobility, while improving coordination and balance.
	<b>BODYCOMBAT®</b> is a rExpertly choreographed to great music, each BODYCOMBAT® class creates an energetic experience that raises fitness levels throughout the whole body, while fighting calories and cholesterol. Recommended for people of all ages and fitness levels, it combines a range of self-defense disciplines like karate, tai chi, kickboxing and taekwondo.
	<b>RPM®</b> is an indoor cycle class that provides a fast improvement in general endurance and an increase in lower body strength. It is fun, athletic, cardiovascular cycling class. Water is required and towel is recommended.
	<b>BODYATTACK®</b> is a cardiovascular interval training program that combines high intensity aerobics, strength and stabilization exercises. Classes are high in motivation, provided by dynamic instructors and exciting music. All participants can achieve their fitness goals by following the simple movements. A great class for all fitness levels.
	<b>BODYJAM®</b> is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.
	<b>Les Mills Cardio [LMC]:</b> A combination class where each week you have the chance to do a different Les Mills Cardio class. You can do BodyCombat, BodyStep, BodyAttack, BodyJam or even RPM. This class offers a great opportunity to add variety to your workout routine.
ADDITIONAL CLASSES	
	<b>Classic Classes: Hi-LowStep/Yoga</b> These 60 minute classes are designed for the mature adult, or beginner. These classes emphasize proper technique in cardio, and muscle conditioning, range of motion and flexibility. (Formerly known as The Breakfast Club)
	<b>Yoga/Pilates</b> A compilation of exercises that are derived from classical disciplines such as Yoga, Pilates, dance, sports and rehab conditioning. This class is based on a progressive series of exercises that accommodates all fitness levels to increase strength, flexibility and balance of the entire body using breath and mindful movement.
	<b>Rock Bottom</b> An extremely effective class targeting the buttocks, abdominals and thighs. If you are looking to tighten and tone those trouble spots, this is the class for you!
	<b>Yoga</b> A yoga class that will offer basic seated, standing, and reclining postures at a slower pace. This class will build strength at an easy pace bringing you a relaxed body and mind.
	<b>ABS</b> (25 minutes) This class includes core strengthening to target and define the abdominals to give you lean powerful posture and with all the best exercises so you can work on getting that washboard look. A perfect class to complement your cardio workout.
	<b>All Terrain</b> is an indoor cycling class designed for all fitness levels. You will be guided on a ride that is sure to burn fat and increase cardiovascular endurance.
	<b>Sculpt</b> is a total body strength training work out designed to shape and tone the body without building bulk. Using a wide variety of disciplines, from pilates to barbell work, this class keeps emphasis on the core while tightening common trouble areas such as abs, arms, butt, and thighs. Sculpt is highly recommended for those involved in a weight loss program because it helps maintain lean muscle tissue while boosting metabolism and achieving measurable results. Sculpt requires no previous experience.



**Circuit Cardio Sculpt** is a 30 minute fat burning and toning class held on the workout floor. Class participants will be using the Parmount machines, bands, balls, steps and other functional equipment to achieve toned muscles, and a great fast cardio workout.