

STRENGTH

CXWORX™ (30 min.) is a workout using your own body weight, resistance bands and weighted plates, you will target the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. If you are looking for a short, sharp workout that will inspire you to the next level of fitness **CXWORX** is for you!

BODYPUMP™ (55 min.) is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls safely and effectively. Great music, awesome instructors and your choice of weights inspire you to get the results you came for, fast! **PUMP EXPRESS** is a shortened version of **BODYPUMP** which is great on its own when you have limited time or just beginning your fitness journey, or the perfect class paired with another short version option.

[**\(45 & 30-minute combo class options\)**](#)

CARDIO

BODYCOMBAT™ (55 min.) is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from karate, boxing, taekwondo, tai chi and muay thai. During this workout you'll strike, punch, kick and kata your way through calories to superior cardio fitness. **COMBAT EXPRESS** is a shortened version of **BODYCOMBAT**, great on its own when you are short on time or paired with another class such as **BODYPUMP** [**\(45 & 30-minute combo class options\)**](#)

BODYATTACK™ (55 min.) 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 toward their fitness goals – from the weekend athlete to the hard-core competitor! **ATTACK EXPRESS** is a shortened version of **BODYATTACK**, great on its own when you are short on time or paired with another class such as **BODYPUMP** [**\(45 & 30-minute combo class options\)**](#)

BODYJAM™ (55 min.) Whether you've got two left feet or fancy yourself as Beyonce's back up dancer, we've got your back. **BODYJAM** doesn't discriminate, and dance is free, so what's stopping you? Get dancing and toned with BODYJAM, the ultimate combination of modern music and dance.

ROCKSTARS WANTED

POUND® is the world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Burn 600+ calories per class with this workout that combines the best cardio, strength-training, and conditioning moves. The Ripstix® add 1/4 lb extra weight to each movement, throwing the body off balance, creating contraction in the core and stabilization system. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique, all while rocking out to your favorite music! Drastically improve your rhythm, timing, coordination, speed, agility, endurance, and musicality. Unleash your inner Rockstar and come **#MAKENOISE** at an upcoming class!

LesMills tone™ The newest Les Mills program to hit the circuit, incorporating current music as well as a broad range of genres. This moderate intensity cardio workout will keep you on your toes with optional bursts of high intensity, circle runs, athletic ballet tracks, tubing and weight exercises. If you want a class with an overall mix of cardio, strength, and core training, this is definitely the class for you. **TONE** is available as a 30-minute cardio option or a 45-minute overall body workout.

MIND/BODY

BODYFLOW™ (55 min.) is an athletic fusion of yoga, tai chi and Pilates. It builds flexibility and strength while leaving you feeling centered and balanced. Active yoga sequences and challenging poses, followed by stretches and a short meditation, are all set to modern music to create a holistic workout. Class is practiced barefoot for a safer grip on the mat. (Mats available, or bring your own)

Yoga (55 min.) In this Vinyassa inspired class we will unite movement and breath. The physical benefits of improved core strength, balance and flexibility are secondary to the benefits of self-awareness, improvement in self-esteem, and stress reduction. Yoga is for everybody, at every age, and every ability. Each Yoga instructor brings a variety of style and benefits to their class. **(POWER YOGA-has it roots in Ashtanga, and tends to move quickly. It is a great strength training workout that makes you feel energized)**

CYCLE

CYCOLOGY (45 min.) Shift your fitness into high gear with this pulse-pounding cycling class. Improve your cardiovascular fitness and fine tune your endurance. This is a non-impact workout for all fitness levels. It is freestyle and the format will be up to the instructor, so it may be a fast flat, hills or a combo of both, it will vary class to class and with each instructor.

RPM™ (45 min.) **RPM** is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into **RPM** today!

GO! (30 min.) A cycle class with a shorter warm up and stretch. Although this is marketed as a high intensity class, we will have options for all levels. The goal is to target people who want to get in and get out. This freestyle format will vary with each instructor, so it could consist of fast flats, hill climbs or a combo of both. Excitement guaranteed!!!

COMBO

RPM™ & FLOW™ take the core of the original **RPM** cycle class™ and get the maximum results in just 30 minutes. Then, stay for **FLOW**, a modified take on Yoga and Pilates. The focus is on stretches that cyclists need such as hamstrings, quads, hips and finishing with a quick target on abs.

GO & FLOW™ Spend the first part of the class with heart pumping cardio on the bike. Drills are quick and concise using high and low resistance and designed to get your workout done with no downtime between songs. Then stay for **Flow**, a modified take on Yoga and Pilates. The focus is on stretches that cyclists need such as hamstrings, quads, hips and finishing with a quick target on abs

Tone™ & Flow™ bursts of high intensity, circle runs, athletic ballet tracks and followed with an athletic fusions of yoga and tai chi. This class will leave you balanced and centered.

CXWORX™ a 30-minute workout using your own body weight, resistance bands and weighted plates, is perfect paired with any other 30-minute class to make a combo of your choice. If you are looking for a short, sharp workout that will inspire you to the next level of fitness, **CXWORX plus** is for you!

BODYPUMP™ which is great on its own when you have limited time or just beginning your fitness journey, or the perfect class paired with another short version option.

ATTACK EXPRESS is a shortened version of **BODYATTACK**, great on its own when you are short on time or paired with another class.

COMBAT EXPRESS is a shortened version of **BODYCOMBAT**, great on its own when you are short on time or paired with another class.

HIIT SERIES

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT™ Plyo is 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. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

SENIOR

Boom™ (45 min.) **BOOM**, is a revolutionary new fitness series for **BABY BOOMERS** and active older adults. Whether you are just beginning your fitness journey or looking to take your fitness to the next level, BOOM is right for. This class will consist of two parts: **Move It** - Move through the decades in this energizing cardio workout. Learn moves from every era – the `60s Twist, to `70s Disco, to `80s Electric Slide, to `90s “Vogue.” **Muscle** - Up your game in this action-based functional/strength training portion that ignites your fitness with a series of movements and exercises inspired by your favorite outdoor sporting activities.

SENIOR RIDE (30 min.) A great class for those new to indoor cycling. You will learn to set up the bike, control resistance and cadence, while get an amazing cardio workout in a controlled environment. This ride will be geared towards a lower intensity level and a lower heart rate zone. No need to be intimidated in this class, just a willing mind, body, and spirit... Pedal to your hearts' desire!

SILVERSNEAKERS™ YOGA (45 min.) Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

SILVERSNEAKERS™ CIRCUIT (45 min.) The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SILVERSNEAKERS™ CLASSIC (45 min.) Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

BODYPUMP™ LITE We have taken the original barbell class that strengthens your entire body and modified it to a level that's right for you. This workout will challenge all your major muscle groups using weights safely and effectively to the most upbeat music. Instructors are there to guide you with many options, and inspire you every step of the way!!! No previous experience needed. Everyone welcome.

ROCKSTARS WANTED

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