

GROUP EXERCISE CLASS DESCRIPTIONS

STRENGTH

CXWORX™ (30 min.) is a workout using your own body weight, resistance bands and weighted plates. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. A short, sharp workout that will inspire you to the next level of fitness.

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.

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.

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.

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. Drastically improve your rhythm, timing, coordination, speed, agility, endurance, and musicality.

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.

COMBO

GO & FLOW (55 min.) 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 FLOW will focus on stretches that cyclists need such as hamstrings, quads, hips and finishing with a quick target on abs.

CXWORX is perfect paired with any other 30-minute class to make a combo of your choice.

WaterRowing classes that are 30-minute in length also make a great combo paired with another 30-minute class **BODYPUMP, BODYCOMBAT & BODYATTACK** all come in a shortened 45-minute version if you are short on time. They are also great paired with another 30 or 45-minute 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™ 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™ 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.

ROWING

Water Rowing – Long renowned as the perfect aerobic exercise, the WaterRower is unmatched with its ability to burn calories within a perceived level of exertion. Low impact and body weight bearing, the WaterRower is perfect for any user. You'll enjoy a smooth, natural resistance and inspiring on-water sound you can't find on air or magnetic rowers.

30-minute classes are aerobic rowing on the rowers only. 45-minute classes include aerobic rowing with interval training on and off the rower.

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.

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.

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.

Power Yoga (55 min) This yoga has its roots in Ashtanga, and tends to move quickly. It is a great strength training workout that makes you feel energized.

SENIOR (Actively Aging)

LINE DANCING (45 min) If anyone tells you that line dancing is a thing of the past hasn't experienced the ongoing and upgraded dances that people all over the country continue to experience. So, line up and start stomping with us here at the Nook with some favorite classics and new releases as well.

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!

Senior Water Rowing – 30-minute Aerobic Class

See description listed under Cardio.

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 level.

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 (45 min) 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 - POUND®Lite is the world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. The Ripstix® add 1/4 lb extra weight to each movement, creating contraction in the core and stabilization system. Drastically improve your rhythm, timing, coordination, endurance, and musicality.

Boom™ (45 min.) **Move it** is a revolutionary new fitness series for **BABY BOOMERS** and active older adults. Move through the decades in this energizing cardio workout.