

## CLASS DESCRIPTIONS

**20/20/20:** Are you new to Group Exercise or just getting back into it? Not sure you can handle an entire hour? This class is for you! Geared for the novice to advanced, stay for the entire hour or ease into your workouts twenty minutes at a time. Sweat through 20 minutes of cardio, 20 minutes of strength and 20 minutes of functional core & stretching. Each instructor teaches it differently keeping our bodies guessing from week to week.

**Athletic Training:** Ever wanted to train like an athlete? Join this 45 minute class to enjoy a sports inspired workout that includes Strength, Agility, Endurance, Core, and Flexibility for a well-balanced training session.

**BODYCOMBAT™ (BC) :** This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**BODYFLOW™ (BF) :** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**BODYPUMP™ (BP):** BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

**Cardio Bootcamp (CB):** Intense full body workout that works all muscles doing drills such as pushups, jumping jacks, and abs to energetic cardio beats! Don't shy away if you're a beginner....anything can be modified!

**Core Flow Yoga:** is designed to promote spinal support through Yoga. Class will draw focus on strengthening the abdomen, entire back, and into the hips and glutes. Flows and postures will also be intended to improve balance and stability. Appropriate for all levels.

**CXWORX™:** Ground-breaking scientific research means Les Mills CXWORX™ core workout features the most efficient exercises for maximum effectiveness ... 30 minutes is all you need! Your workout consists of exercises that both isolate and integrate various core muscle groups.

**The Fit Series (FC, FS & FI):** Whether you're looking to improve or transition into a regular workout routine or to maintain your current level of fitness, The Fit Series is an excellent choice. **Fit Cardio (FC)** workouts will assist you in regaining or maintaining your cardiovascular endurance...you pick the intensity! **Fit Strength (FS)** consists of functional strength training for members new to strength training as well as those ready to push their limits.

**Gentle Yoga:** is designed to reduce tension caused by everyday stress. We will begin by stretching the large postural muscles of the body and then move into the gentle, classic yoga postures. This class is a slow moving flow and stretch designed to release tight joints and muscles from the participants' week and build strength and balance. And at the same time, renewing their energy!

**Hardio Cardio:** is focused on building cardio endurance. Each week you can expect different cardio challenges such as pyramids, ladders and timed sets. Of course there are options provided for all fitness levels, we focus on keeping you moving, not the name!

**HIIT IT! (HIIT):** A new class for all levels of participants! This class will consist of intervals or stations which will alternate between cardio and strength training one minute, and core & bodyweight exercises the next. A sports-inspired class, you'll be amazed at how hard you can work and the results you'll gain by alternating your levels of intensity & the variety the instructors have to offer!

**Multi-Level Yoga:** This class is a multi-level mix of slow-flow movement followed by soothing restorative postures, breath work and mindfulness. As a multi-level class, it is appropriate for beginner, intermediate, and advanced students. There will be opportunities to challenge yourself physically, mentally or emotionally, along with learning skills to utilize off the mat.

**N10C :** Tread and Shed meets Group Strength Training for one INTENSE cardio cross training circuit style class. Come prepared to sweat, it's is not for the faint of heart. This class meets on the cardio deck and you can choose which piece of equipment you would like to work with that day.

**Primetimers (PT):** This series of classes are designed for seniors, however anyone may attend. Each class lasts 30 minutes and is combined of chair and standing exercises for better balance, flexibility and mobility.

**RPM™:** is a 50 minute group indoor cycling workout where you control the intensity. It's fun, low impact! With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. It's a journey, not a race!

**Slow Flow & Stretch:** yoga will offer slow flowing yoga sequences, with options to build strength and stamina; ending with stretches to relax the mind and muscles for a well-rounded practice.

**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.