



BODYCOMBAT™ is a high-energy martial arts inspired workout that 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 punching & kicking while getting a major cardio boost & building strength.

BODYFLOW™: 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™: 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: 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!

Deep Stretch: is just what you would think. Take a cardio class and then relax in deep stretches during this 30-minute class without the strength or flexibility needed in a Yoga class. We teach and you stretch at your pace. Take these 30-minutes to start the week off right!

The Fit Series: Whether you're looking to improve or transition into a regular workout routine or to maintain your current level of fitness. **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. **Fit Mix (FM)** includes a variety of formats such as interval, Tabata, circuit with both strength & cardio!

HIIT IT!: 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!

Les Mills Core: 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.

Les Mills GRIT: Whether Strength, Cardio or Plyo, this class is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardio and build lean muscle and power. This workout uses a barbell, weight plate and body weight exercises to blast all major muscle groups. Les Mills GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches.

N10C: Tread and Shed meets Group Strength Training for one INTENSE cardio cross training circuit style class. Come prepared to sweat, it's 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: This series of classes are designed for seniors; however, anyone may attend. Each class lasts 30-45 minutes and is combined of chair and standing exercises for better balance, flexibility, and mobility and of course we throw a little fun in there as well! Formats include **Stretch & Flex, Balance & Coordination, Zumba Gold and Cardio Ball Drumming** which uses an exercise ball and drumsticks to keep a rhythm in your workout by drumming against the ball or the floor.

Zumba: Perfect for everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party once the Latin and World rhythms take over! For our active seniors we offer **Zumba Gold** during our Primetimers classes.



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. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

THE TRIP™ is a fully immersive workout experience that combines a 45-minute multi-peak cycling workout with a journey through digitally-created worlds. Feel like you're riding a roller coaster or you're in a video game with its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories. ***Disclaimer: if you get motion sickness or have epilepsy please observe class before riding on a bike to decide if it's right for you.***

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. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

Spintense! We've put your two favorite classes together for a major endurance workout! You'll not only work your endurance and speed on the stationary bikes, but hop off and use your land legs for various strength exercises with weights, bands and your own bodyweight for this interval style class.

*****Inclement weather policy*****

If Wake or Harnett county schools are on a delay or cancelled, classes could be cancelled due to weather conditions. Please check with the front desk by calling ClubWorx at (919) 567-3400, on Facebook or www.clubworx.net for updates.



BodyFlow™ 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. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography.

Cardio Yoga: Prepare yourself for something new: strong, flowing bodyweight movement combined with life-changing philosophy! Your barefoot cardiovascular workout experience will be an emotional voyage, guiding you to break through your negative patterns while reaching for your highest potential!

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.

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

Les Mills CORE™ Ground-breaking scientific research means Les Mills 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.

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 Friday am class is 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 for the weekend!

Holy Yoga: is an experiential worship created to deepen people's connection to Christ. The sole purpose is to facilitate a Christ-honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness.

Hot Detox Yoga lets you release stress while toning and detoxifying the body. This class will include Vinyasa flows for building heat - twisting and revolving with standing, seated, prone and supine poses to help detoxify the internal organs. The class will also include core, arm balances and hip openers to build strength and flexibility. Room temperature will range between 83-85 degrees. Some familiarity with Yoga Poses is highly recommended for this class.

Mat Pilates incorporates all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement, and flexibility. They are low-impact and the mat floor exercises may also be combined with other props such as weights, balls, Therabands, rings, and Barre.

PiYo is a music driven, low impact, high intensity body transforming program that incorporates dynamic, athletic movements with strengthening and stretching Yoga poses. Yoga mat required.

Power Yoga is designed to target the core of the body, building strength and foundation for all Yoga poses. Combining a powerful flow with core strengthening, you will move and feel from the center of your body learning to engage the core more deeply and intentionally in all postures. A rigorous class balanced with time spent holding poses while building strength, focus, self-awareness & confidence. Some familiarity with Yoga Poses is highly recommended for this class.

Slow Flow & Stretch This mid-week practice combines Flow, Yin and Restorative yoga poses. Slow flowing sequences make this a yoga stretch class with a meditative quality. In these classes we ease into longer holds and deeper stretches.

Yogalates: A combination of Yoga postures and Pilates core strengthening exercises. Benefits include better flexibility muscular strength and relaxation.

All of our Mind/Body classes are open to all fitness levels; however, some classes require prior knowledge of yoga poses, please check the descriptions prior to attending. Modifications and Advanced Variations will be given during every class when appropriate. Proper pose alignment cueing will be a focus in all of our classes. You are required to bring your own Yoga Mat, or one may be purchased at the front desk.