



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 and kicking while getting a major cardio boost and building strength.

BODYBALANCE™: 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, these classes are low impact but still pack a punch. **STEP** workouts will assist you in regaining or maintaining your cardiovascular endurance...you pick the intensity! **STRENGTH** consists of functional strength training for members new to strength training as well as those ready to push their limits. **STEP&STRENGTH** includes a variety of formats such as interval, Tabata, circuit with both strength & cardio!

HIIT IT! 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 and the variety the instructors have to offer!

KardioBell (KB): The science supports the effectiveness of kettlebell training and its use for all ages. According to a American Council on Exercise (A.C.E.) study, one can burn up to 20 calories a minute while training with a kettlebell, in addition to increasing core strength up to 70%. By combining cardio, core & resistance training you're toning muscle head-to-toe and eliminating fat to lose weight.

Les Mills CORE: Ground-breaking scientific research means Les Mills CORE™ 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! Each Zumba® class is designed to bring people together to get their sweat 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.

