



**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**: 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!

**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.

**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 ***Chair Yoga & Flex, Balance & Coordination, Muscle & Memory, 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.

**RunWorx**: This is the place where we celebrate the power of the run and inspire you to keep running on your path to a better self. All you need to do is show up with your shoes and a smile. RunWorx is for everyone, whether you are a first-time runner, walker, or a competitive athlete.

**Total Body Conditioning**: is a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain challenging exercises that will increase strength, decrease body fat and improve overall conditioning.

**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.



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**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.

**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!

**Hatha Flow Yoga** is a practice of physical yoga postures and breathing techniques, slowly practicing static postures with intermittent flow. Suitable for all levels.

**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.

**Multilevel Yoga** is a class designed to teach techniques of basic yoga poses, using the breath as our leader. Various modifications for each pose will be introduced, so that a seasoned practitioner as well as a beginner can feel successful. We will learn how to build strength and flexibility while gently challenging our bodies in a safe, mindful way.

**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 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.

**Slow Flow Detox** yoga offers flowing yoga sequences, building strength and stamina. Class includes core work to strengthen the abdomen, improving balance and overall strength in holding poses. Class also includes options for folding, twisting, and revolving which will help detox the internal organs.

**Xpress Power Yoga:** Power Yoga Express is a half hour class designed to invigorate and center your body at the time you need it most. It is a quicker moving class that will challenge major muscle groups for increased blood flow and energy, while focusing on the yogic principle of becoming centered with the breath. Some yoga experience is suggested, as we move through poses rather quickly.

**Yin Yoga** is the practice of passive, deep floor stretches with longer holds to help in increasing flexibility and releasing stress. Yin poses stretch the connective tissue surrounding the joints – easing joint mobility as well as deeply stretching the muscles. This class is suitable for beginners and all levels of practitioners and will be held in a warm room to aid in deeper stretching in Yin poses. Room temperature will range between 75-78 degrees.

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

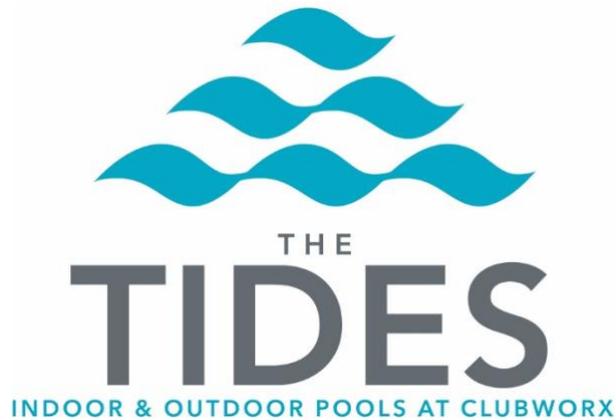


**RPM™** is a 50 minute group indoor cycling workout where you control the intensity. It's fun and low impact! With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach 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.



**Aqua Zumba:** Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Water Aerobics:** Our Water Aerobics classes help build cardiovascular fitness and strength in a low-impact fun filled format that is suitable for every age and fitness level! Each class includes a warm-up, cardio and strength training exercises with pool weights and noodles, using core engagement and a cool down. Your instructor will lead you through a series of moves set to music. Don't forget the most important objective is for you to have fun!

**WaterFit/Water Walking:** WaterFit/Water Walking is much like water aerobics, but participants move back and forth from edge of pool to middle of lap lanes using the water's resistance for a low impact workout. There are not many choreographed movements, just walking in lines, circles and against current to strengthen and tone muscles.

**Water Tai Chi:** Water Thai Chi is a gentle stretching class in the water where we work on our balance, breath and moving with the flow of the water. A relaxation class for all levels of fitness. The water helps with balance, so you relax, move, and stretch. Gentle movements but an amazing class!

**Water Yoga:** Water Yoga is a low-impact aquatics exercise, performing yoga poses in the water. These poses help you develop strength, static balance, and increase range of motion with little to no impact on joints, especially knees, hips, and ankles. No Yoga experience is necessary.

**Please do not enter the pool prior to your class's scheduled time. NC state law requires you to shower prior to entering the pool. Also, make sure your sunscreen has dried completely before entering the water to help keep the water's integrity and clarity. Be sure to bring your pool noodle, towel, and water to class!**