

THE STUDIO

BODYBALANCE™: is a fusion of Tai Chi, yoga and Pilates, choreographed to music. This strength and flexibility workout has been scientifically designed to help build strength, flexibility, and a beautiful sense of balance. BodyBalance also improves core strength and reduces stress levels. The class begins with a Tai Chi inspired warmup and then moves through Sun Salutations, yoga poses to build strength, balance and to open the hips, Pilates for core and postural strength and ends with yoga poses and stretches to improve spinal and hamstring mobility and a well-deserved meditation.

BODYCOMBAT™: These 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. **BC45** is packed with the same amazing workout but in a 45-minute condensed format.

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 all to the most motivating music. **BPXpress** is a 45-minute format.

HIIT: A boot camp style workout involving stations that focus on cardio, resistance training, and strength. **HIIT Xpress:** is a 45-minute format that has less impact with 15 minutes of stretching at the end to work on mobility and flexibility.

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: Combines strength & cardio in a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardio and build lean muscle and power. We use barbells, weight plates and body weight exercises to blast all major muscle groups.

Les Mills Pilates is a 45-minute mind-body workout designed to improve strength and mobility with slow and simple traditional Pilates movements to tone your abs, glutes, back and hips. **Mat Pilates** incorporates all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement, and flexibility. Both are low-impact, and the mat floor exercises may also be combined with other props.

Les Mills TONE: If you want the optimal mix of strength, cardio, and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes that will help you burn calories and take your fitness to the next level. It's a great foundational class and has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

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.

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.

Power Yoga is designed to build full body strength and a strong foundation for all yoga poses. A rigorous class 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. Arm balancing and inversion practice included. Some familiarity with yoga poses is highly recommended for this class.

Primetimers: This series of classes are designed for seniors; however, anyone may attend. Each class lasts approximately 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:** Keeping our joints healthy and maintaining our flexibility and mobility to do all our fitness workouts.*

***Alignment Check:** Improve your total body alignment, flexibility and build strength with low impact exercises and stretches.*

***Balance & Coordination:** Improve balance necessary to keep us stable while also working our core muscles to help support our efforts.*

***Senior Strength & Stretch:** Using light weights or just bodyweight to keep our muscles strong and create muscle memory for a lifetime.*

***Cardio Ball Drumming:** Seated or standing fitness drumming to fun music to keep our cardiovascular systems healthy and minds sharp.*

Step/Step & Strength: If you love Step the 8:30am time slot is where it's at! Use the original club step and risers or work on the floor. Choreographed workouts will assist you in regaining or maintaining your cardiovascular endurance...you pick the intensity! Join us on Friday when we incorporate strength elements in an interval style workout.

Strength: consists of functional strength training for members new to strength training as well as those ready to push their limits. Participants will use a variety of equipment such as dumbbells, stability balls and Kettlebells to increase strength, core and balance.

Stretch & Mobility: This class is the perfect complement to your exercise regimen focusing on active recovery as well as: Mobility, Stability, and Adaptability. This class combines dynamic and static stretching and mobility drills aimed at bringing balance to the body.

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

WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music. Our mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community.

Zumba: 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!