

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.

Interval Training: Utilizes both bodyweight exercises and various equipment to deliver an effective interval training workout. Expect a mix of cardio and strength exercises, with periods of high intensity followed by active recovery. Improve your fitness, increase your stamina, and have fun doing it!

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.*

***Muscle Memory:** Low-impact strength training class specially designed for older adults looking to maintain muscle mass, improve balance, and enhance overall mobility in a safe and supportive environment.*

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 a 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!



Barre Body is a toning, body-weight-lifting workout using barres in the Haven. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles.

BodyBalance™ is a fusion of Tai Chi, Yoga and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, focus, and a carefully structured series of stretches, movements, and postures, choreographed to music, create a holistic workout that brings the body into a state of harmony and balance. Options will be provided for all levels.

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.

Conditioning & Stretch incorporates targeted stretches for pain relief and improved mobility, targeted conditioning exercises to bring the body back into balance, improve posture, and increase joint stability.

Detox Yoga offers moderately paced flowing yoga sequences to build strength and stamina. Class includes core work to strengthen the abdomen and poses to improve balance and strength. This class also includes options for folding, twisting, and revolving which will help detox the internal organs. Familiarity with yoga poses is highly recommended. **Hot Detox Yoga** incorporates heat (85 degrees) into the practice as well as arm balancing and powerful core sequences.

Gentle Yoga is designed to help increase mobility and flexibility and reduce stress. We begin with breathing exercises, then move into warming and stretching the entire body, incorporate some standing and balance postures and finish back on our mat for seated and supine stretches. This is a slow-moving class designed to release tight joints and muscles, build strength and balance. Appropriate for all levels.

Hatha & Slow Flow Yogas are practices of physical yoga postures and breathing techniques, slowly practicing static postures with intermittent flow while **Core Flow Yoga** is designed to promote spinal support through yoga. Class will 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.

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.

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.

Multilevel Yoga is a class designed to teach techniques of basic yoga poses, using 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 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.

Rest & Restore This class combines yin and restorative yoga to give your body and mind the deep rest it needs. With the use of many props, poses are held on the floor for 3-5 minutes to access the deep tissues of the body. Each pose is adapted to the individual, all levels welcome.

Slow Flow & Stretch Yoga offers slow flowing yoga sequences, with gentle options as well as options to build strength and stamina: ending with stretches to relax the muscles and mind for a well-rounded practice.

Stretch & Mobility: The important aspects of training and recovery that will keep you moving efficiently and without pain. This class will leave you feeling rested, restored, and ready to crush your next work out. In these 30 minutes "active" stretches will teach you how to move through a full range of motion and help reduce the rate of injuries.

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.

Yoga Stretch & Mobility Focuses on improving flexibility, joint health, and overall movement through gentle yoga postures, mindful movement and targeted stretching exercises. This class often incorporates breathing techniques and elements of balance and foam rolling.

Yogalates is 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! ***RPM Xpress*** is a 30-minute version of this class.

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!

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!