

**LES MILLS BODYFLOW** 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.

**LES MILLS BODYPUMP** The fastest way in the universe to get in shape. Bodypump is a strength endurance barbell training class where muscle and music collide! Low on complexity and high on fun! This is an unforgettable exercise journey.

**LES MILLS BODYSTEP** Using simple movements on, over & around the step, high energy cardio blocks push fat-burning systems into high gear while muscle-conditioning tracks shape and tone your hips & thighs. Time to step it up with another great Les Mills format!

**LES MILLS BODYCOMBAT** Punch, Kick, Strike and Kata your way to superior fitness with another heart pumping, musically driven Les Mills format! (Express class is 45-minutes)

### **Bosu Bootcamp**

Part cardio part toning, this interval styled class will provide a comprehensive, total body workout.

### **Cardio Dance Fusion**

A mixture of dance styles combined with a sculpting/toning session at the end. We'll keep your workout challenging!

### **Cardio/Power Interval**

This ramped up workout includes a variety of tools that will result in an all out total body workout with a focus on a great cardio burn.

### **Cardio Kickbox**

Traditional kickbox drills and intervals combined to drive your heart rate up and guarantee results. This class will leave you feeling stronger, leaner and ready to take on the world!

### **Cycle&Core**

This class incorporates a 1/2 hour cycle class with a 15 minute core conditioning in the main studio. The perfect combination for anyone looking to develop a strong, stable and functional body.

### **Corepole (Pow)**

All ages and fitness levels will benefit from this workout-with-a-wallop. Working as a group, you will progress throughout the class from single to multi-muscle movements using simple choreography and corepole assistance/resistance. Emphasis will be placed on form, technique and core awareness.

### **Fitness Fusion**

This workout is great for any fitness level! This entry level class will use cardio, sculpting, and core based exercises to challenge you.

**Flow&Tone:** A beautiful fusion of standing ballet, yoga, pilates and traditional fitness moves. Techniques that give dancers their sleek and strong body will benefit you through improved balance, core strength and posture.

### **H.E.A.T. (High Energy Athletic Training)**

This athletic based cardio class is sure to challenge you with non-stop speed, plyometric and agility drills. Bring out the athlete in YOU!

### **Pilates I**

A series of flowing exercises focusing on the development of core strength. This class is a basic mat class that introduces the fundamentals of Pilates. Great for newcomers or those who want to refresh their Pilates principles. Pilates fusion class fuses other toning principles.

### **Pilates II**

A more challenging mat class that utilizes Pilates tools to create a more challenging and invigorating workout. This class progresses at a more dynamic pace.

### **Step Fusion**

Step moves and floor moves, athletic drills and some toning all come together to create one solid, easy to learn format.

### **Step Interval**

Step class infused with sculpting intervals and/or an intense toning segment to finish.

### **Step Works/Power Step**

Traditional step moves integrated with athleticism and attitude. Abdominal work finishes up this hour of platform power.

### **Stepstruck**

An intermediate/advanced level cardiovascular step workout including plenty of fresh choreography to keep you alert and on your feet! Traditional step moves blend with dance and athletic based moves to create a whole new feeling on the step every time.

### **Studio Cycling**

A cardio workout performed on a stationary cycle based on sound cycling principles. Classes are technique and real terrain based and thus focus on cadence, heart rate zones, sport specific drills, climbs and sprints creating an unpredictable ride that is fun and challenging. NEW PARTICIPANTS SHOULD FEEL FREE TO SCHEDULE SOME ONE ON ONE TIME WITH GROUP X DIRECTOR SUE JEMISON TO UNDERSTAND BIKE SET-UP, TECHNIQUE, ETC.

### **Power Yoga**

Yoga that is based on the ashtanga Yoga system that builds inner strength, focused mind, lean body, and intense flexibility. It is recommended to attend Yogabasics before progressing to this more intense Yoga class.

### **Yogabasics**

This is a basic Yoga class for the person new to Yoga.

### **Yoga Sequence**

Sequence of poses designed to build strength, stability, flexibility & focus. Class helps to correct physical imbalances and build a stable core.

### **ZUMBA**

Low impact dance class infused with latin and world dance style movements. Easy to learn & fun to do!