



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LAND & VIRTUAL FITNESS CLASS DESCRIPTIONS:

**Aerial Yoga – Strength & Tricks** – Safely build upper body and core strength while having fun adding tricks to your Aerial Yoga workout. Inversions, basic tricks, fitness and strength training. Aerial experience not necessary. ***This is a paid class.***

**Aerial Yoga – Low Hammocks** – Low hammocks so that feet can remain on the floor. Abdominal strengthening, large muscle group lengthening and supported inversions will be the focus. No aerial experience required. This is a paid class. ***This is a paid class.***

**Barre Above™** is a class that fuses ballet, pilates, aerobics & strength training. Barre above is for everybody! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone!

**ESSETRICS® Aging Backwards®** Roll back joint pain and muscle loss at any age—through slow & gentle, scientifically designed full-body rebalancing workouts that focuses on increasing mobility, flexibility and relieving chronic aches, pains, and joint stiffness.

**Feldenkrais Bones For Life** is recognized for the strategies it employs to improve posture, flexibility, coordination, and athletic and artistic ability and to help those with restricted movement, chronic pain and tension.

**Group Cycling** lets you find your own rhythm in a cycling workout that delivers maximum cardio results with minimum impact on your joints. This class simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding.

**Les Mills BARRE™** (virtual only) 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.

**Les Mills BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**Les Mills BODYBALANCE™** (live & virtual) is the yoga-based class that will improve your mind, your body and your life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

**Les Mills BODYCOMBAT™** (live & virtual) is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class.

**Les Mills BODYPUMP™** (live & virtual) is a toning and conditioning class with weights for men and women wanting to add strength training to their aerobic workout.

**Les Mills BODYSTEP™** Basic stepping, is at the heart of BODYSTEP – a full-body cardio workout to really tone your butt & thighs.

**Les Mills BODYSTEP™ Athletic** is a class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.

**Les Mills BORN TO MOVE** (virtual only) classes take the effort out of activity by making it fun, combining a motivating and scientifically proven mix of age-appropriate movement with music. Classes available for ages 4-12.

**Les Mills CORE™** (live & virtual) is ideal for tightening your tummy and butt, while improving functional strength and assisting in injury prevention.

**Les Mills GRIT™ Athletic** this class enhances athletic performance: speed, strength, agility, as well as plyometric movements for overall athletic conditioning.

**Les Mills GRIT™ Cardio** (live & virtual) this session combines high-impact body weight exercise with an explosive workout with no equipment needed.

**Les Mills GRIT™ Strength** (live & virtual) uses barbells, plates and the bench to take training to the next level. Blasts all major muscle groups, leaving muscles shaped and toned.

**Les Mills RPM™** (live & virtual) tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your training level over time. Your instructor will show you how to set up your bike and all the basic cycling moves.

**Les Mills SPRINT™** (live & virtual) is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

**Les Mills SH'BAM™** (live & virtual), featuring simple but seriously hot dance moves, is the perfect way to shape up and let out your inner star – even if you're dance challenged.

**Les Mills THE TRIP™** (live & virtual) is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

**Low Intensity Aerobics** is where you can experience the joy of rhythmic movement to music. This is a class that allows you to enjoy time with your friends and at the same time gives you a phenomenal workout. It is sure to leave you feeling more energized and alive.

**Paddleboard Yoga** is a floating yoga session in the Lap Pool that works breath & balance in a variety of poses & flows to find your center while gently rocking on the water's surface. Experience focused breathing, sun salutations, and beginner paddle board yoga poses. ***This is a paid class.***

**SilverSneakers® Cardio Circuit** combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

**Step & Tone** is a basic stepping combined with plate and band work for total body conditioning in an interval style training.

**Strength & Balance** is designed to help make everyday activities easier by increasing your balance and strength with both traditional and functional exercises. All levels of fitness are welcome.

**Tai Chi Concepts** is a series of natural movements using relaxation and breathing to generate health, longevity and internal strength & power.

**Women & Weights** is a workout where each week you will focus on different muscle groups (upper & lower body) through use of weights, bars and body weight exercises.

**Yoga** postures focus on correct alignment, strength building, range of motion, breathing techniques and deep, revitalizing relaxation.

**Yoga Flex** is gentle combination of flexibility moves including traditional yoga poses with an emphasis on balance, joint range of motion & core strengthening. End with a cool down relaxation.

**Yoga Tone** is a class that focuses on postures and sequences which build strength and flexibility, guided by breath to leave you feeling calm and relaxed to start your day.

**Zumba** is a fusion of Latin and International music-dance that features aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body.

**Zumba +Gold** is a high energy Zumba class suitable for all ages - from kids to seniors. Join the party, highlighting the basics of Latin and international dance rhythms.

**Zumba Toning** combines targeted body-sculpting exercises and high-energy cardio work.