



STUDIO 1



STUDIO 2



STUDIO 3



STUDIO 4



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LesMILLS GROUP EXERCISE CLASSES



FOND DU LAC FAMILY YMCA
90W. Second Street
Fond du Lac, WI 54935
920.921.3330 | fdlymca.org

LES MILLS CLASSES:

See class times and descriptions for all group exercise classes at fdlymca.org ▶▶▶



PROGRAM	CATEGORY	DESCRIPTION	INTENSITY	BENEFITS
LES MILLS BODYBALANCE	Mind / Body	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.	Low	<ul style="list-style-type: none"> - Improve joint flexibility & range of motion - Tone & shape - Enhance mental wellbeing
LES MILLS DANCE	Dance	FREE YOURSELF. Cut loose to the hottest new workout with fun moves and shakin' tunes.	Moderate	<ul style="list-style-type: none"> - Burn calories - Tone & shape - Develop self expression
LES MILLS barre	Strength	BEAUTIFUL BURN. Ballet inspired style of training that works to shape and tone your whole body.	Moderate	<ul style="list-style-type: none"> - Tone & shape - Strengthen the core - Improve joint flexibility & range of motion
LES MILLS CORE	Strength	FIND YOUR CENTER. Personal training-inspired workout to build and maintain a superior functioning core.	Moderate	<ul style="list-style-type: none"> - Tighten & tone - Increase functional strength - Improve balance and stability
LES MILLS Shapes	Strength	SCULPT MAJOR MUSCLES. An invigorating blend of Pilates, sculpt, and power yoga set to modern beats.	Moderate — High	<ul style="list-style-type: none"> - Sculpt & strengthen major muscles - Improve alignment - Increase flexibility
LES MILLS PILATES	Strength	PILATES REIMAGINED. Slow movements that tone your abs, glutes, back, & hips to improve strength, mobility & happiness.	Moderate — High	<ul style="list-style-type: none"> - Build strength - Feel calmer - Improve balance
LES MILLS BODYPUMP	Strength	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.	Moderate — High	<ul style="list-style-type: none"> - Increase strength / endurance - Tone & shape - Help maintain bone health
Strength Development <small>LES MILLS</small>	Strength	BUILD STRENGTH. Build muscle, improve technique, and grow your confidence so you can train more powerfully.	Moderate — High	<ul style="list-style-type: none"> - Build strength - Improve technique - Grow your confidence
LES MILLS FUNCTIONAL STRENGTH	Strength	TRAIN LIKE AN ATHLETE. Multi-joint movements & loaded exercises to build athletic strength, increase muscle tone & improve power.	Moderate — High	<ul style="list-style-type: none"> - Build athletic strength - Improve stability - Increase muscle tone
LES MILLS THE TRIP	Cardio	IMMERSIVE FITNESS. Multi-peak cycling workout that motivates & energizes with a journey through digitally-created worlds.	Moderate — High	<ul style="list-style-type: none"> - Burn calories - Improve heart & lung fitness - Increase leg strength & endurance
LES MILLS RPM	Cardio	RIDE HARD. High intensity interval training set to tunes that will get your pulse racing. Get results faster.	Moderate — High	<ul style="list-style-type: none"> - Improve heart & lung fitness - Increase leg strength & endurance
LES MILLS BODYSTEP	Cardio	FEEL ALIVE. The fast-paced, explosive step workout that will leave you upbeat and ready for more.	Moderate — High	<ul style="list-style-type: none"> - Improve heart and lung fitness - Improve agility & coordination - Increase strength & endurance
LES MILLS BODYCOMBAT	Cardio	BE FIERCE. A mix of Martial Arts and endurance, unleashing strength you never knew you had.	High	<ul style="list-style-type: none"> - Tone & shape - Increase strength & endurance - Build self-confidence
LES MILLS BODYATTACK	Cardio	BE UNSTOPPABLE. The full-on, high-energy cardio workout to energizing tunes.	High	<ul style="list-style-type: none"> - Improve agility, coordination and endurance - Improve heart & lung fitness
LES MILLS sprint	HIIT	RAPID RESULTS. Quick and hard style of cycle training returns rapid results with zero joint impact.	High	<ul style="list-style-type: none"> - Shape & tone - Burn calories - Improve heart & lung fitness
LES MILLS GRIT	HIIT	STRENGTH-ATHLETIC-CARDIO. High Intensity Interval Training. Uses barbell, weight plate and body weight exercises.	High	<ul style="list-style-type: none"> - Rapidly improve strength - Increase lean muscle - Get fit fast