

## Class Descriptions

**BODYPUMP**– (60 minutes) A class 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. Instructors coach you through moves and techniques, while offering encouragement and motivation to amazing music. You'll leave the class feeling challenged and motivated.

**BODY PUMP 45** – (45 minutes) The same burn on a slimmed down time frame. BODY PUMP 45 is a 45-minute total body workout class using light to moderate weights that will help you get lean, toned and fit fast. Moves and techniques will be coached through motivational instructors and amazing music. All levels welcome.

**BODY COMBAT** – (55 minutes) This class is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn nearly 700 calories in each class. Zero experience needed. Let your instructor lead you through an energetic class, packed with charged music.

**BODY COMBAT 45** – (45 minutes) The same fight on a trimmed down time frame! Get more bang for your buck with this 45-minute time slot. BODY COMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Your instructor will lead you through an energetic class packed with charged music, allowing you to alleviate some stress or just get a good sweat in. Zero experience needed. All levels invited.

**BODY ATTACK** – (55 minutes) BODYATTACK is a high-energy fitness class that combines athletic moves like running, lunging, and jumping with strength exercises such as push-ups and squats to strengthen and tone your entire body. Just starting out? You can adjust your BODY ATTACK workout to your current fitness level.

**BODY ATTACK 45** – (45 minutes) Get more bang for your buck with this 45-minute format! BODY ATTACK is a high energy cardio class that combines athletic moves like running, lunging, and jumping with strength exercises such as push-ups and squats to strengthen and tone your entire body. Just starting out? You can adjust your BODY ATTACK workout to your current fitness level.

**EXPRESS BODY ATTACK** – (30 minutes) Kick start your day with 30 minutes of sport-inspired cardio. This express class combines athletic moves like running, lunging, and jumping with strength exercises such as push-ups and squats to strengthen and tone your entire body. Just starting out? You can adjust your BODY ATTACK workout to your current fitness level.

**BODY ATTACK/CORE COMBO** – (60 minutes) Not sure if you want cardio or resistance? Take a chance and hit both. Get your body warmed up first with BODY ATTACK and then slow it down with resistance training in Les Mills Core. Only have time for one class? No problem....pick one that fits you best. All levels are invited.

**LES MILLS CORE** – (30 minutes) LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness.

**LES MILLS CORE 45** – (45 minutes) LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness.

**RPM** – (45 minutes) This is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints, and flat riding. You control your own resistance and speed, allowing you to create your personal workout.

**SPRINT** – (30 minutes) A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike and heart-thumping music to achieve fast results. You don't need to be a cyclist, but you do need some level of fitness for a SPRINT workout. A program sure to push your physical and mental limits!

**R1DE** – (30 minutes) Join us for this NEW 30-minute high intensity, low impact workout on a bike!

**Les Mills Body Jam** – (55 minutes) If you want to dance, you're in the right place! BODY JAM is a modern choreographed group workout tuned to the latest hip hop, house and drum & bass. Whether you've got two left feet or fancy yourself as Beyonce's back up dancer, we've got your back. All levels invited!

**Functionally FIIT** – (60 minutes) This strength training class focuses on functional strength exercises presented in a HIIT training format! Get a killer burn and improve your strength for everyday life!

**Cardio, Core, & More** - (60 minutes) Turn up the heat with this fun mix of core and cardiovascular moves. The cardio moves will get you sweating while the core conditioning strengthens and tones the core.

**Yoga** – (60 minutes) Find yourself on your mat for an hour long Yoga class offered to all levels. Destress before or after your day or just let yourself be free on your mat.

**Power Yoga** – (60 minutes) Your instructor will guide you through various sequences of poses that will help ignite your inner fire, leave you feeling empowered, while still allowing you to get in a great workout! All levels welcome.

**Intro Yoga** – (60 minutes) Take advantage of an hour introductory to yoga class. Create a strong foundation to the world of yoga, or just work to better your current practice. This class is a great way to ignite your yoga practice.

**Sunrise Yoga** – (60 minutes) Whether you are just waking up or just completing your workout, find yourself on your mat for an hour long Yoga class offered to all levels. Destress before your day, or just let yourself be free on your mat.

**Hatha Yoga** – (60 minutes) Join us for an hour long gentle yoga class with a focus on alignment. Your instructor will guide you through the physical and mental benefits of each pose.

**Yoga Fusion** – (60 minutes) Strengthen, stretch, and awaken your body, mind and spirit! This yoga class is inspired by the movements of vinyasa flow, yet embodies the tranquility of restorative yoga. You'll be taught how to breathe and release tension as you sink deeper into your poses in a dimly lit room. While this class is typically taught at an intermediate level, it's sure to suit beginners and advanced students alike.

**Chair Yoga** – (60 minutes) A more gentle approach to yoga for those uneasy with holding positions or not sure of their balance. We will provide multiple modifications with chairs to make sure your practice is not only effective, but safe. A soft and great introduction for the seasoned community, anyone with physical limitations or recovering from an injury.

**Mindfulness Yoga** - (60 minutes) Stretch. Relax. Meditate. Being mindful means being present in whatever you're doing. It's a challenge but has an important place in our well-being. Learn how you can support your fitness and mindfulness practice with a sample of gentle yoga asanas (poses), long relaxation, and short meditation.

**Vinyasa Yoga** – (60 minutes) Connect body and breath in this dynamic, yet accessibly paced yoga class for all levels that pairs poses with breath in a series of flowing sequences of movement. Leave feeling lengthened, looser, and at peace

**Yoga Nidra** - (60 minutes) Stretch. Relax. Meditate. Being mindful means being present in whatever you're doing. It's a challenge but has an important place in our well-being. Learn how you can support your fitness and mindfulness practice with a sample of gentle yoga asanas (poses), long relaxation, and short meditation.

**Tai Chi-Beginner** – (45 minutes) This is a low impact class of beginners Chinese Qigong and Tai Chi exercises. You'll learn the 8 Brocades of Chinese Qigong healing exercises and basic movements of Tai Chi Chuan in a slow to medium paced flowing, peaceful exercise class. These movements can help you gain physical and mental balance, reduce stress, and gain flexibility and mobility to stiff joints.

**Tai Chi-Intermediate** – (45 minutes) This is a non-impact class of intermediate Chinese Qigong and Tai Chi exercises. In this class you will learn Tai Chi forms beyond the beginner level in a slow to medium paced flowing, peaceful exercise class. These movements can help you gain physical and mental balance, reduce stress, and gain flexibility and mobility to stiff joints.

**FitBumps Yoga** – (60 minutes) Designed for prenatal women, this series of low-impact workouts increase flexibility and strength throughout pregnancy. Yoga can help prepare women physically, mentally, and emotionally for giving birth and becoming a mother. Moms-to-be are led through a wide range of poses adapted for the ever-changing pregnant body, preparing her for labor while alleviating some of the associated discomforts of pregnancy.

**Prenatal Barre** – (45 minutes) This strength class will help improve posture, lower body strength and endurance, upper body, and core stability. Toning moves, gentle stretching, and aerobic workout all rolled into a one hour class led by a certified fitness professional. Join us to enjoy all the benefits of a traditional barre workout modified to fit a mother-to-be's changing body and needs. Register at the Member Services Desk: \$25 for Members; \$45 for Non-members.

**P90X** – (60 minutes) P90X LIVE is the total-body strength and conditioning group fitness class for anyone looking to get lean, toned, and fit! This motivating, results-driven workout is designed to burn calories and build muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate.

**PiYo** – (60 minutes) A low-impact class that combines the benefits of both pilates and yoga to create a long, lean, defined physique.

**PiYo Flow** – (60 minutes) PiYo Flow is a low-impact class that combines the benefits of both Pilates and yoga. This class puts an emphasis on the yoga elements of PiYo to increase flexibility and improve your range of motion.

**Zumba** – (60 minutes) Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, Latin-dance inspired fitness party.

**Step Interval** – (60 minutes) An intermediate class that combines basic step moves to increase cardiovascular conditioning combined with barbells and free weights to increase lean muscle. Class ends with core strengthening exercises for the abdominal muscles and lower back.

**Power Cycle** – (30 minutes) Have a little itch for just about anything? Then check out this 30-minute cycle class. The workout is instructor's choice, and you're guaranteed an awesome ride!

**Cycle/Core** – (60 minutes) Can't decide what you want? Then check out this combo class: 30 minutes on the bike followed by 30 minutes of core training.

**Spin & Sculpt** – (60 minutes) Boost your endurance and strengthen your muscles with low impact heart-pumping cardio on the bike and off the bike resistance work.

**Sculpt** – (30 minutes) 30 minutes of total body strength training set to music you know and love!

**Barre Connect** –(45 minutes) A FUN, total body workout that combines ballet-inspired dance technique, yoga postures, functional strength exercises, and bursts of cardiovascular training

**Bodies in Motion** - (60 minutes) This class uses a combination of moves focusing on building flexibility, core and overall strength. This is a head to workout, all done on the mat. We have mats available, but feel free to bring your own. All levels welcome.

**P.Y.T** – (60 minutes) PYT (Pilates, Yoga, Tai Chi) Class is a graceful combination of three fitness styles that will give you a balanced workout to help you tone & strengthen your entire body. Come ready to stretch, work, and sweat as you use your own body weight as resistance in this fun and powerful workout! We will end each class calming our bodies & relaxing, so we can face the rest of the day with clarity.

**Cardio Party** – (60 minutes) Are you ready to SWEAT? Join us for this fun fusion of aerobics, hip-hop, plyometrics, Latin dance, and more that has a flair for getting your heart rate UP! You'll love the music, the friends, the motivation, and the SWEAT!

**Line Dancing** – (60 minutes) Ever get the itch to join the dancing crowd at receptions or festivals, but just don't know the moves? Well, now you can! Join us for an hour long run-through of popular line dancing sequences! Gain a little knowledge, burn some calories, and HAVE FUN! All dancing levels invited!

**Strength and Stretch** – (50 minutes) This workout utilizes stability balls and free weights to strengthen your entire body, with an emphasis on your core and lower back. Then enjoy 30 minutes of stretching to improve your flexibility and prevent injuries.

**Forever Fit** – (60 minutes) A class with stretching, balance, dance and timeless music. We use balls, bands and a chair to gain strength, flexibility and agility. We lose what we don't use! Join us to keep our bodies moving well into our golden years.

**Shake It Up** - (60 minutes) Ready to shake up your fitness routine? This energetic class will strengthen your muscles and improve your cardiovascular fitness. Your lively instructor will lead you through a full-body workout using a variety of equipment and cardio moves, such as weights balls, resistance bands, and dance. Never expect the same thing each week...shaking things up is the best approach to staying fit forever!

**Aqua Core** – (60 minutes) Aqua Core is a low impact class that uses the gentle resistance of the water and a variety of exercise equipment to strengthen your entire core. All levels invited.

**Aqua Zumba** - (60 minutes) Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! It's a low-impact, high energy aquatic class. All levels welcome.

**Making Waves** - (60 minutes) Making Waves while making a difference on your health! We bring high-energy and low-impact interval training to the water using various floats for resistance. This aquatics class is a total body workout aiming to increase your strength, flexibility and improve body toning. All levels are invited.

**Aqua HIIT** - (60 minutes) Ready to step up your aqua game?! This High Intensity Interval Training (HIIT) class alternates intense bursts of high-intensity exercise with varied periods of low-intensity active rest to burn more calories and increase your cardiovascular endurance. AQUA HIIT delivers all of the benefits of HIIT training with little to no impact!

**HydroFit** - (60 minutes) This medium intensity aqua workout includes cardio, toning, and stretching using a variety of pool equipment. Build strength and increase your cardiovascular fitness with little impact!

**Water Aerobics** – (45 minutes) COME ON IN! THE WATER IS FINE! This aqua class will build cardiovascular fitness, strength and flexibility. It is easy on the joints and suitable for every age and fitness level. You will have fun reaching your goals and staying fit.

**Aqua Dance** - (60 minutes) Join us in the pool for a low-impact, high energy aquatic dance class. All levels welcome.

**Rockin' Aqua** – (45 minutes) Ready to shake up your fitness routine? This energetic class will strengthen your muscles and improve your cardiovascular fitness. Your lively instructor will lead you through a full-body workout using a variety of equipment and cardio moves. Get ready to rock it in the water!

**Aqua Fusion**– (60 minutes) This class is designed to improve your quality of life and activity of daily living. You will increase strength, balance and flexibility. This class is gentle and rhythmic to help with stiff joints and overall wellness.

**Aqua Pilates** – (60 minutes) Improve flexibility, proper postural alignment, core strength and muscle balance. Let the water serve as postural support and provide gentle resistance to movement which eases strain on tender joints and gently develop muscle strength. All levels invited.

**Fit Bumps Aqua** – (60 minutes) Designed for prenatal women, these low-impact workouts increase flexibility, strength and cardiovascular fitness throughout pregnancy. These workouts also help prepare moms to be for labor while alleviating some of the associated discomforts of pregnancy.

**Pedaling for Parkinson's (\$)** - a stationary cycling at a high pace that combines rhythmic pedaling and fun music. This class is for participants of the Parkinson's Program. Visit the Member Services desk or call 985-493-4950 to learn more.

**Parkinson's Yoga (\$)** - Practice gentle movements accompanied by proper breathing to achieve increased mobility, flexibility, strength and well-being. This class is for participants of the Parkinson's Program. Visit the Member Services desk or call 985-493-4950 to learn more.

**Parkinson's Strength and Balance (\$)** - Strength training through the use of light resistance and balancing exercises to improve balance, overall strength, posture and coordination. This class is for participants of the Parkinson's Program. Visit the Member Services desk or call 985-493-4950 to learn more.

#### **Les Mills Virtual Class Descriptions:**

**Barre:** (30 minutes) LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

**Barre-Beginner:** (30 minutes) Learn the basic moves and format of a LES MILLS BARRE workout in this quick introduction.

**Barre-Dance Technique:** (25 minutes) This 25-minute dance technique session is the perfect first step on your LES MILLS BARRE journey.

**Body Attack:** (55 minutes) BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**Body Attack-45:** (45 minutes) BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**Body Attack-30:** (30 minutes) BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**Body Attack-Tutorial:** (20 minutes) This 20-minute introductory tutorial is the perfect first step on your BODYATTACK journey.

**Body Attack-Base:** (25 minutes) Be guided through 25 minutes of easy-to-follow BODYATTACK. BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**Body Balance:** (55 minutes) BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

**Body Balance-45:** (45 minutes) BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

**Body Balance-30:** (30 minutes) BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

**Body Balance-Flexibility:** (30 minutes) Take time to stretch and focus on your flexibility with this yoga-based workout with elements of Tai Chi and Pilates.

**Body Balance-Express Flexibility:** (15 minutes) Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.

**Body Balance Strength:** (30 minutes) Get centered and focus on your strength and stability with this yoga-based workout with elements of Tai Chi and Pilates.

**Body Balance Express Strength:** (15 minutes) Get centered and focus on your strength and stability with this short yoga-based workout with elements of Tai Chi and Pilates.

**Body Balance-Yoga:** (20 minutes) Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

**Body Balance-Tutorial:** (20 minutes) Learn the basic moves and format of a LES MILLS BODYBALANCE workout in this quick introduction.

**Body Balance-Base:** (35 minutes) Be guided through 35 minutes of easy-to-follow BODYBALANCE. BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

**Body Combat:** (55 minutes) BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**Body Combat-45:** (45 minutes) BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**Body Combat-30:** (30 minutes) BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**Body Combat-Tutorial:** (25 Minutes) Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

**Body Combat-Base:** (35 minutes) Be guided through 35-minutes of easy-to-follow BODYCOMBAT. BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**Body Combat-Beginner:** (30 minutes) Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

**Body Pump:** (55 minutes) BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens, and tones.

**Body Pump-45:** (45 minutes) BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

**Body Pump-30:** (30 minutes) BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

**Body Pump-Arms:** (15 minutes) Work on shaping strong arms and shoulders with the original barbell workout that gets you lean, toned and fit - fast.

**Body Pump-Upper Body:** (20 minutes) Put the focus on strengthening your upper body (chest, back, and shoulders) with the original barbell workout that gets you lean, toned and fit - fast.

**Body Pump-Lower Body:** (15 minutes) Build lower body strength and shape your legs and glutes with the original barbell workout that gets you lean, toned and fit - fast.

**Body Pump-Tutorial:** (25 minutes) Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

**Body Pump-Base:** (35 minutes) Be guided through 35-minutes of easy-to-follow BODYPUMP. BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

**Body Pump-Beginner:** (30 minutes) Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

**CORE:** (30 minutes) LES MILLS CORE provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together

**Core-Base:** (35 minutes) Be guided through 35-minutes of easy-to-follow LES MILLS CORE.

**Core 45:** (45 minutes) This 45-minute workout exercises the muscles around your core, the vital ingredient for a stronger body and improved posture.

**Core-15:** (15 minutes) This short workout exercises the muscles around your core, the vital ingredient for a stronger body and improved posture.

**Core-Ab Blast:** (15 minutes) Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.

**GRIT-Athletic:** (30 minutes) LES MILLS GRIT™ Athletic is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.

**GRIT-Cardio:** (30 minutes) LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

**GRIT-Cardio Beginner:** (30 minutes) Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

**GRIT-Strength:** (30 minutes) LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

**GRIT-Strength Beginner:** (30 minutes) Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

**RPM:** (50 minutes) RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**RPM-30:** (30 minutes) RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**RPM-Tutorial:** (25 minutes) This 25-minute introductory tutorial is the perfect first step on your LES MILLS RPM journey.

**RPM-Beginner:** (30 minutes) Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

**RPM-Base:** (35 minutes) Be guided through 35-minutes of easy-to-follow RPM. RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**Sprint:** (30 minutes) High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits.

**Sh'Bam:** (45 minutes) SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

**Sh'Bam-30:** (30 minutes) SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

**Sh'Bam-Beginner:** (30 minutes) Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

**Sh'Bam-Dance Technique:** (20 minutes) This 20-minute dance technique session is the perfect first step on your LES MILLS SH'BAM journey.

