

CLASS DESCRIPTIONS

LES MILLS **BODYPUMP**

A full body barbell workout. Shape and tone your entire body. Build muscular endurance, improve core strength and bone health.

LES MILLS **BODYBALANCE**

A mind body workout that combines wonderful music with pilates, yoga tai-chi!

LES MILLS **BODYCOMBAT**

A high-energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness! Fun and inspiring music!

CORE

A 30 minute total core focused workout that uses body weight, small weights and bands to work from your neck to your knees!

LES MILLS **BODYSTEP**

A full body cardio and muscle conditioning workout. A step-based workout that will lift your fitness and shape your butt and legs!

Shapes

A invigorating blend of pilates, sculpt, and power yoga! Small controlled movements to strengthen and tone your whole body!

LES MILLS **GRIT**

A 30 minute HIGH INTENSITY INTERVAL TRAINING workout, designed to improve strength & cardiovascular fitness!

FUNCTIONAL STRENGTH

A science-backed total-body strength training program that combines the best of sports conditioning and performance training!

LES MILLS **PILATES**

A 30-45 minute slow and controlled pilates mat movements. Focus on breath and mobility. Pilates re-imagined!

Strength Development

A progressive strength training program. Combines compound lifting exercises and strength conditioning for total body strength!

YOGA **FLOW**

A flowing yoga practice that builds flexibility, strength and balance. Flow through and hold various poses and postures. A holistic workout that leaves you feeling balanced mind & body.

LES MILLS **BODYJAM**

A modern dance workout tuned to the latest hip hop, house and drum and bass!

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Barre **ABOVE**

Combines the latest in exercise science and the principals of Lotte Burke Method. Fusion of piles, ballet, yoga and strength.

barre

A full body workout that combines ballet, tone and band work to shape and strengthen your core, glutes and legs!

STRENGTH FUSION

Prepare for and intense strength training workout designed specifically for intermediate and advanced fitness levels as well as motivated beginners! Each class is unique!

ZUMBA®

A dance fitness program that combines latin inspired dance and aerobics to build cardio and strength!

mindful movement YOGA

Combines the best elements of an active flowing yoga class- slowly and mindfully- with the calming benefits of held poses.

H.I.I.T

A HIGH INTENSITY INTERVAL TRAINING CLASS! various styles of training such as TABATA, POWER TRAINING & much more!

Dance Fitness

A full body dance workout that combines freestly combos and various dance styles!

Cardio Attack

A high- energy fitness class that combines athletic movements like running, lunging and jumping jacks. Low impact options available!



