

**LES MILLS
BODYPUMP**

BODYPUMP™ is a barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.

**LES MILLS
BODYVIBE**

BODYVIBE Workouts begin with a dynamic warm-up followed by a variety of interval training and typical group x equipment (i.e. dumbbells, bosu balls, and more). Expand your fitness horizons and intensity levels with dynamic group performance training.

**LES MILLS
BODYCOMBAT**

BODYCOMBAT™ is a mixed martial arts-inspired workout that fuels cardio fitness and defines and strengthens your whole body. You'll feel empowered and in control as you build phenomenal core strength.

**LES MILLS
BODYFLOW**

BODYFLOW® is the yoga, tai chi and Pilates workout that helps you build your flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing.

**LES MILLS
CORE**

LES MILLS CORE™ is an intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.

**LES MILLS
RPM**

RPM is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high.

**Barre
Strength**

Designed to build strength in mind and body, this fusion of pilates, yoga, traditional resistance training and a touch of ballet (for the non-dancer!), Barre Strength will transform your body. You will improve your muscular strength, endurance, and flexibility while improving balance and posture using functional movements and a variety of equipment. This class is for every body and every age. Modifications will be provided at all levels to help you achieve your fitness goals.

Body Blast

Shred fat in this fun & challenging class which combines using your own bodyweight & cardio to shape your entire body. Aerobic, floor work & resistance exercises make up this full body toning class.

CARDIO DANCE

Come dance with us in a high energy cardio class! It's for anyone who enjoys non stop dance expression to a wide variety of music. We will sweat and focus on all parts of the body along with modifications and close attention to form and alignment while we have a blast!! All are welcome.

Cycle

Cycle involves riding a stationary bicycle while listening to exhilarating music and voice commands from the instructor as one rides through simulated terrains such as flat countryside, hills and valleys, and mountains. 3 position sitting, standing and hiking.

**Core &
Restore**

This class designed to restore flexibility and mobility using core strengthening and stabilization exercises, mobility, and stretching techniques using a various equipment.

F. I. T.

Functional Interval Training: An interval workout infused with functional movement patterns that improve strength and cardiovascular health with minimal equipment.

**FOREVER
FITNESS**

A class designed for the senior population (60+) that will focus on building functional strength. Exercises will help to build joint mobility, core strength, postural muscles, balance, and coordination. Instructor will happily provide progressions and regressions for those that need a little more or a little less!

Yoga

Yoga integrates mind, body and spirit while increasing flexibility, strength and developing balance. It involves the practice of physical postures and poses. Yoga makes use of different movements, breathing exercises, relaxation and meditative techniques.

 **ZUMBA**

Grooving to the beats from around the world, this cardio fitness class feels more like dance party than a workout! Easy to follow choreography that will give you a total body workout with a serious dose of awesomeness. Music type International and Loud.