



CLASS DESCRIPTIONS

SEPTEMBER 2011

Les Mills' BODYPUMP: BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Les Mills' BODYCOMBAT: BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.

Cardio, Core, & More: Burn fat and tone your body with this blend of cardio and strength-training using a variety of equipment like steps, resistance bands and medicine balls, to get a strong, sleek body.

Circuit-Fit: A Cardiovascular & Resistance Training Circuit, this workout is time-efficient, safe, effective, and good for all fitness levels! This class includes one-minute intervals per strength training and cardio machines, as well as abdominal work at the end.

Les Mills' CX30: Looking for a short, sharp workout that'll inspire you to the next level of fitness, while toning your body? Then this class is for you! This brand new 30-minute format combines the best of personal training with the energy of a group fitness class! This class will tighten your tummy and butt, while also improving functional strength & assisting in injury prevention.

Cycle: A fantastic heart pumping indoor cycling workout. Taught on a stationary bike you will climb, sprint, and train to incredible music and extraordinary instruction.

Interval Blast: Step it up in this make you sweat blend of Cardiovascular & Resistance Training! Work at your own level while not only burning off the calories, but building up strength as well.

Pilates: Not just a series of exercises based on the work of Joseph Pilates to strengthen and lengthen muscles with a focus on the body core. This class adds Pilates props to transform a new you.

Small Group Training: Small Group Training led by a Personal Trainer. Additional charges may apply.

Sole Fusion: Movement done in bare feet, this class will make you feel strong, balanced and flexible from the ground up. This unique fusion class blends elements of yoga, Pilates, tai chi, dance and calisthenics. You will sweat, align and define your body from the soles of your feet to the top of your head.

Ultimate Conditioning: Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and feels like you're training one-on-one with a private trainer. Great for all levels of fitness!

Ultra Fit: Improve balance and range of motion while strengthening bones and flexibility in this low to non impact class. Great for all ages!

Weight Training: Strengthen and tone your body using various resistance equipment such as free weights, body bars, resistance bands, stability balls and more!

Yoga: Traditional yoga poses and techniques to promote strength, flexibility, breathing and body awareness.

Zumba: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!