

## ***Class Descriptions***

### **BODYPUMP:**

LesMills BODYPUMP(TM) is the original barbell class that strengthens your entire body. This 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 inspires you to get the results you came for and fast!

### **CYCLE:**

There's something for everyone in these classes: Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!

### **HIIT:**

Circuit style interval-based strength and cardio training for the whole body focused on short bursts of intense work. Moderate to high impact exercises focus on aerobic and anaerobic fitness for max results.

### **NIA:**

This unique fitness class blends dance, martial arts, and healing to achieve your fitness goals and express yourself through movement and sensation. Come experience Nia in this barefoot, aerobic, movement based class. Appropriate for all fitness levels; no dance experience necessary.

### **STRETCH & STRENGTH:**

A low impact class focusing on isolating major muscles to both stretch and strengthen them. This class mainly uses bodyweight with the optional use of weights for an extra challenge. The goal of the class is to feel more comfortable in your body by building stability and range of motion over all.

### **WERQ:**

Are you interested in building cardiovascular endurance and strengthening your heart muscle while dancing to today's hottest Top 40 Pop, Rock and Hip Hop Music? WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals.

### **VINYASA/YOGA:**

Ideal for all levels. Improve your flexibility, strength, balance, and mental stillness. Explore breath to movement and learn more about your personal yoga practice.

### **ZUMBA:**

Zumba fitness is like no other workout you will ever experience! It combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program. You will fall in love with the infectious music and body-beautifying benefits.