

**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.

**BODYPUMP™** is the original barbell class that shapes, tones and strengthens your entire body. Often referred to as 'Pump' by those who love it, it's one of the world's fastest ways to get in shape. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.

**BODYVIVE™/LES MILLS TONE** is the optimal mix of strength, cardio and core training. The challenging mix of lunges, squats, functional training and tubing exercising will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

**CXWORX™** really hones in on the torso and sling muscles that connect your upper body to your lower body in just 30 minutes. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster, play harder, stand stronger!

**Cardio Blast** Everything and anything cardio! Interval and Tabata training, as well as drills and sports conditioning. Easy to follow moves to get the heart rate up and build strong muscles. Get ready to sweat and have a BLAST in the process!

**Cardio Intervals/HIIT** Fun cardio training for all fitness levels. Step up your endurance with drills and moves to build cardiovascular fitness, while improving muscular strength. Get ready to be challenged and walk out feeling stronger.

**Cardio Step** The heart pumping step workout with fun footwork that gives a total body workout. Functional cross training that will boost cardio fitness and tone from head to toe.

**Core Stretching** Improve your movement and range of motion with this mindful combination of stretching for all muscle groups and functional core training. No better way to feel restored, relaxed and better your posture and balance.

**Stretch & Tone** An introductory class that begins with gentle stretches to warm all muscle groups. Light weights for targeted functional strength exercises will help tone and shape from head to toe. Core work is the final working phase. Class ends with another set of gentle stretches helps to restore length to all muscles. This class is great for participants of all ages looking to work at their own pace to get safe and effective toning.

**Tabata/Tabata Strength** High energy interval training workout. Four minutes of an exercise that alternates between 20 seconds of work followed by 10 seconds of rest, for a total of eight rounds of each move. These workouts are fast-paced, fun, easy to follow, and burn lots of calories. Tabata Strength will focus on strength based moves using free weights, weight plates and body weight to tone and build strength head-to-toe.

**Zumba®** provides long-term fitness benefits through exhilarating, high calorie-burning fitness classes, and simple dance moves from around the world to increase the fun factor. Zumba classes feature routines set to fast and slow rhythms that successfully tone and sculpt the body while burning fat.

**Zumba® Gold-Toning** blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks. Focus is on muscle conditioning and light weight activity in low to moderate intensity strength training exercises.

**3D – Core at Lab 240** is a 20-minute, express interval session to functionally and intelligently train the core. Prepare for innovative conditioning guaranteed to stoke your metabolic fire for the whole day!

**4x4 Fat Loss** consists of 4 exercises for 4 rounds. Short, simple and sweaty. It's just 20 minutes and all you only need is your bodyweight to rev-up your metabolism for faster fat loss.

**Beginner Shred 1** will get you started with the Shred Series teaching the moves while burning calories.

**Bodylicious Express** is an intensive full-body workout, your muscles will be well warmed up from the very beginning. It will push you to your limit and beyond with aerobic moves, lunges, and crunches. After the workout, you will feel the benefits for your stomach, legs, and butt.

**BoxxHIIT30 Abs and Core** is shadow boxing paired with HIIT for people who love a challenge mentally and physically with whole body and core focus.

**Fitness Dance 2** introduces you to dance routines inspired by latin flare, mambos and cha chas.

**Flamenco Passion 1** includes full body exercise to the rhythm of flamenco music. Enjoy and have fun while improving muscle tone and coordination.

**Focus T25 Alpha Cardio** is 25 minutes of calorie-burning, sweat-drenching cardio.

**Ground Dynamics: Strength & Stability** includes compound exercises that proprioceptively teach all athletes how to move correctly to create force and power. Muscle Building, Cardio. Fat Burning.

**Hard Body Workout** is a total body workout that burns calories and tones your entire body.

**HIIT Circuit Lower Body** is a fun high intensity, lower body workout charged with a mix of traditional weighted and plyometric exercises to build strong legs.

**HIIT Full Body Blast** is a 30-Minute Circuit HIIT workout to send your metabolism skyrocketing.

**HIIT Plyo** includes periods of intense exercise are followed by very short rests. You'll keep your muscles engaged with random interval and varied tempos.

**ICE Low Impact** includes two short, intense workouts that keep your metabolism revved and fat melting.

**ICE to the mat: Legs and Glutes** is an all floor-based workout that's sure to carve out the legs and glutes! Parallel mat conditioning fatigues the lower body without the strain while firing up intrinsic muscle fibers.

**Insanity Live/Max** are high-energy classes that will have you combining plyometric moves – like high knees, burpees and jumping jacks – with isometric body weight moves – like lunges, squats and planks.

**Kick'n Circuit** is a high-intensity program with focus on high repetition exercises combining kicks, punches, push-ups, jumps and squats.

**P90X** combines a diverse mix of compound moves, you'll work your upper body, lower body, and core to get your heart rate pumping for a cardio conditioning bonus.

**Pilates** is a full body basics workout that warms up the breath, spine, abdominal walls and pelvic floor.

**POWER STEP** features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training.

**WAR** is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.