

# Class Descriptions

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.

Cardio Blast is a heart-pumping workout that includes a variety of cardio exercises using sports inspired moves and step fitness.

Cardio Kick is an 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.

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, and stand stronger!

Functional Fitness uses tubes and light weights to improve core and functional strength. These exercises support and mimic everyday life.

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.

Mixed Tabata is a 45-minute medium to high intensity cardio workout mixed with light weights and sporadic core workouts.

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

Total Body Fit is a fun class for all levels of fitness to include light to medium weight dumbbells focusing on overall fitness. This class can be challenging or can be modified for a lower intensity workout. It is a well-rounded class to improve cardio fitness, core strength, and balance, as well as flexibility through a series of gently stretches.

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.