



Group Fitness Descriptions

**Our Group Fitness classes can be modified to fit most fitness levels from beginners to athletes.
We are excited to help YOU reach your fitness goals!**

CARDIO		Get over the hills, climb mountains and speed through the flats. The mix of fun music and motivating instruction will have you singing while you work. Work at your pace and get stronger with each class as the calories melt away. 45 min. of Intense work and great entertainment! Potential Cal. burn: 620
		RPM is Les Mills indoor cycling workout to burn fat and get fit fast. Ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Potential Cal. Burn: 675
		The Latin and World rhythms take over in this interval style dance workout and fitness party! You never had so much fun conditioning your heart, muscles and challenging your agility, balance and flexibility. Bringing people together to "sweat it on!" Potential Cal. Burn 550
STRENGTH		Step into a LES MILLS TONE class and you'll tick off a complete workout. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level, all in just 45 minutes. 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. Potential Cal. Burn 550
		BodyPUMP, the original Les Mills barbell class! Tone, sculpt and strengthen your entire body with experienced instructors who coach you through scientifically proven moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own! Potential Cal. Burn 590
		Les Mill CXWORX exercises the muscles around the Core, providing the vital ingredient for a stronger body. A strong Core makes you better at all the things you do. It's the glue that holds everything together. You'll be guided through this 30 minute workout using resistance tubes and weight plates as well as body weight exercises like crunches and hovers. And we will never forget your back and glutes for a strong Core all around! Potential Cal. Burn 240
		BODYSTEP is an athletic workout with high-intensity intervals followed by muscle-conditioning tracks that will shape and tone your entire body and push your fat-burning systems into high gear. We play invigorating, hit music and inject a whole lot of fun and personality along the way, and you'll leave buzzing with satisfaction. Potential Cal. Burn 620
		Focuses on movement with proper alignment building strength, flexibility and balance. It will not only stretch muscles, but strengthen them as well. You can expect to flow through a variety of poses that will promote core strength and enhance your sense of well being. Open to all levels.
FLEX/CORE		Les Mills BodyFlow combines the ideas of Tai Chi, Yoga and Pilates to improve your mind, body and your life. Strengthen and Stretch your body with our inspiring and experienced instructors. Beautiful music will put you in the proper mood and you will leave feeling centered and calm. Potential Cal. Burn 390

We have color-coded our classes by fitness type to assist in your overall fitness balance

***Please let your instructor know if you have any injuries that affect your workout.
And please be sure to sign in when you attend so that we may serve you best with the Thrive schedule.***