










## 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! <b>Potential Cal. burn: 620</b>
		 RPM is LesMills indoor cycling workout to burnfat 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. <b>Potential Cal. Burn: 675</b>
		 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!" <b>Potential Cal. Burn 550</b>
		 If you fancy quicker stepping and the chance to showcase your rhythm and flair then <b>BodyStep Classic</b> is for you. There are lots of options to get you through your workout safely. This full body cardio workout will tone your butt and thighs and keep you smiling and having fun. <b>Potential Cal. Burn: 600</b>
STRENGTH		Les Mills BodyStep Athletic combines basic stepping with moves like burpees, pushups and weight plate exercises to work the upper body. Bursts of high intensity cardio activity mixed with strength training will work your muscles, your endurance and burn up the calories during and after this workout. <b>Potential Cal. Burn: 650</b>
		Les Mills BodyVive is the optimal mix of Strength, Cardio and Core training. The challenging mix of running, lunging, squats and tubing exercises will help you burn calories and take your fitness to the next level. Increase your fitness and your energy for all around healthy living. <b>Potential Cal. Burn: 550</b>
		BodyPUMP, the original LesMills 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! <b>Potential Cal. Burn 590</b>
FLEX/CORE		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! <b>Potential Cal. Burn 240</b>
		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. <b>Potential Cal. Burn 390</b>

*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.*