









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 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. 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
		Les Mills BodyAttack is a high-energy interval training class that combines athletic movements with strength and stabilization exercises. BodyAttack is for anyone who wants to get fit, stay fit and get fitter. Low-impact options allow different fitness levels to actively enjoy the class. Simple, strong sports inspired cardio and athletic moves make this easy to follow class highly effective! Ready, Set... ATTACK! Potential Cal. Burn: up to 730
		Les Mills BodyVive is a cross training class giving you 30 minutes of low to moderate intensity cardio work, followed by thirty minutes of functional strength with use of resistance tubing. BodyVive is ideal for all fitness levels. Whether you're just starting out with your fitness routine, looking for a change up, or a seasoned athlete looking for a lighter workout BodyVive will give you the challenge and change you need. Modifications can be adapted to increase or decrease the demands on your
STRENGTH		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! 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
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.*