

**Each of our instructors and coaches brings an individual personality to the group.
We are excited to help YOU reach your fitness goals!**

CARDIO		Get over the hills, climb the mountains, and speed through the flats. The mix of fun music and motivational instruction will have you singing while you work. Work at your own 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 and muscles, and challenging your agility 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, 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 LesMills barbell class! Tone, 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
		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. 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. You'll leave buzzing with satisfaction! Potential Cal. Burn 620
FLEX/CORE		Thrive Yoga 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.
		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

Small Group Training		Eat The Frog is the individualized, state of the art, GROUP TRAINING program that allows you to find your very own prescription of workouts that will help you achieve your fitness goals. Designed by Olympic Decathlon Gold-medalist, Bryan Clay, ETF applies a science-based approach using heart rate monitoring with interval training and active recovery. Assess - Train - Achieve! See more at etffitness.com and see the Fitness Training Manager to schedule your Fit Test and Orientation. Additional fees apply.
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*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.*

