

# Thrive Maple Valley - Group Fitness Class Descriptions

thrivecommunityfitness.com 27411 Maple Valley-Black Diamond Rd Suite B106, Maple Valley, WA, 98038 425.432.1199

**Les Mills GRIT Series™** This program offers 3 different formats. GRIT Strength, GRIT Plyo, and GRIT Cardio. Each are 30 minute HIIT classes (high-intensity interval training), combining powerful music and inspirational coaches who will be down the floor with with you! HIIT workouts are scientifically proven to put your metabolism into overdrive, allowing you to burn calories for hours after your work out.

**GRIT Strength**, will improve your strength, and increase lean muscle using a barbell, a weight plate, and body weight exercises.

**GRIT Plyo** is a plyometric-based workout, which uses a bench, and combines explosive jumping exercises with agility training to build a lean and athletic body.

**GRIT Cardio** focuses on improving your cardiovascular fitness. You'll increase your speed and maximize your calorie burn with this fast-paced workout, using a variety of body weight exercises.

**Les Mills BARRE™** is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

If you're seeking a different style of training or a new kind of self-expression, you will love LES MILLS BARRE. Without the traditional barre to support you, the muscles supporting your body's stability and strength becomes the focus. It may look beautiful, but don't underestimate the burn.

**Les Mills BODYCOMBAT™** Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ!

**Les Mills BODYFLOW™** Ideal for anyone and everyone! BODYFLOW is a yoga-based format that will improve your mind, body, and your life. During BODYFLOW — embrace elements of Yoga, Tai Chi, and Pilates. You will improve your flexibility and mobility, as well as learn controlled breathing to focus your mind and reduce stress. But don't be fooled, this program is a holistic workout, so expect extensive strength and core work! You will walk out of class feeling stronger and more centered.

**Les Mills BODYPUMP™** is for anyone looking to get lean, toned and fit – fast. ~ Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 590 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**Les Mills CXWORX™** Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**BODYBLAST TRX** This class is a total body workout, providing both strength and cardio, to help you build strength and endurance. As an interval training class, we utilize a 2:1 format, which means we do two minutes of strength training to one minute of cardio. We use the TRX suspension trainer, as well as a variety of other tools, keeping your workout fresh and fun! Modifications are shown for many of the exercises, making this workout achievable for the beginner, while still challenging the avid exerciser.

**FIT & FLEX TONE** Complete low impact workout blending Pilates based movements for fitness, flexibility, and toning; targeting all muscle groups. Routine varies using free weights, resistance bands/tubes, stability ball, medicine ball, and Pilates ring. Seated ball, standing cardio and stretch exercises; you control the intensity.

**PILATES** Pilates is a fluid conditioning routine that emphasizes spinal and pelvic alignment, focusing on breathing to develop a strong core (abs, back, buttocks). improving coordination and balance. It builds flexibility, muscular strength, and endurance.

**RIZZMIC®** uses the most beloved music and dance styles from the last century of American culture to create a high intensity dance fitness experience unlike any other. Seamlessly blending fitness with truly stylized dance, Rizzmic hits each big craze on the map; from Disco to Country, to Hip Hop and Jazz! ~ We use the most popular dance styles in virtually every genre from the 1920's to modern day, to bring a massive variety of movement into a focused American theme.

**SILVER SNEAKERS™** Have fun and move through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SKINNY JEANS** Pilates based lower torso workout targeting core muscles (abs, back and buttocks) along with quads, hamstrings, and glutes using Pilates ring, stability ball, resistance bands, and free weights. Increase strength and tone in BLT/Buns, Legs, Thighs.

**STRENGTH** Here at **THRIVE – Maple Valley** we offer a WIDE VARIETY of what we call “**STRENGTH**” Classes (although ALL of our Fitness Classes have a Strengthening component). Here are just a few of the ***unique*** characteristics of our different **STRENGTH** Classes:

- **CARDIO / LIFT** (Our popular “Early Morning” 5:00 AM Class) – Classes change up each time as you use free weight power segments, combined with Cardio pumping intervals (with balls, straps, bars, steps, etc.), to challenge both your Cardiovascular System and all major muscle groups.
- **STRENGTH CIRCUIT** Exercises in a rotating circuit format. This class uses hand weights, BOSU, loop bands, resistance bands, steps, TRX and more.

**YOGA FUSION** Yoga Fusion combines full-body strengthening poses with a mix of balancing and alignment postures. We will be finding movement with the purpose to connect to breath and refine body awareness, improving agility and endurance. Come practice with us!

**ZUMBA** Have fun with a high caloric burn while you dance to great music! The ultimate Latin dance party is a full hour of heart racing, muscle pumping fun. Ole!