

Group Fitness Class Descriptions

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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.

AOA (ACTIVE OLDER ADULTS) Movement with "golden oldies" music through a varied exercise regime designed to increase muscle strength, range of movement, balance, and activities for daily living. Light free weights, elastic tubing with handles and a Silver Sneakers ball offer resistance. A chair is used for seated exercises and standing support. Finish with visualization exercises and stretching.

BARRE STRENGTH CLASS Use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The Barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Light handheld weights may also be used to bring the burn during all those reps, as well as mats for targeted core work.

BUTZ 'n' GUTZ Say no more! Target Abs and Gluteus for a powerful workout.

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.

SILVER SNEAKERS™ - YOGA Keep your shoes on, take a seat, and practice Yoga with us! Strengthen and stretch at any level for ease of movement in your daily activities. Learn how connecting breath to slow and controlled movements can help you find a sense of control and balance in your body, as well as focus and concentration in your mind. Anyone ready for a challenge is offered advanced pose options. Come practice with us!

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.
- **CARDIO / STRENGTH** Uses free weights with “super setting” (doubling) or “triple setting” to make it Cardio. Quick transitions to different muscle groups. Also to include Cardio warm-up or other Cardio moves.
- **STRENGTH CIRCUIT** w/TRX Exercises in a rotating circuit format. This class uses hand weights, BOSU, elastic bands, training ropes, benches, TRX, and more. Work all muscle groups with upbeat music; fun and fast paced!
- **STRENGTH/CORE** Along with Strength segments, predominant focus placed on Strengthening and toning the Abdominal, Glute and back muscles to facilitate balance and power throughout your entire body.

YOGA (Hatha) is a progressive practice of 26 postures held 10-60 seconds to strengthen and stretch while increasing balance, endurance and focus. Anyone new to Yoga, pregnant or injured is offered modifications. Anyone ready for a challenge is offered advanced pose options. 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!