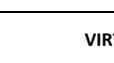


Each of our instructors and coaches brings an individual personality to the group.
We are excited to help YOU reach your fitness goals!

CARDIO		Get your heart rate up before breakfast and feel energized all day long! High-intensity group cycling for the early bird. Or wind down from your day and spin off those calories! Join us for a high-intensity cardio workout that is easy on the joints.
		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.
		Come join our PARTY workout!! Zumba is a fitness class format that combines Latin dancing with interval and resistance training for a full-body, rhythmic workout. Dance away stress and leave feeling energized!
		MIXEDFIT is a people inspired dance fitness program. We dance to our favorite songs, then we spice things up by adding boot camp-inspired movements that are always big, exaggerated, full-out, and our very best...to make your workout more effective and challenging!
		Dance, tone, sweat and laugh all in 60 minutes. This Commit To You Dance Fitness format is a fun way to move to the music and reach your goals.
		BODYCOMBAT™ the world's most popular martial arts group fitness class. During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.
STRENGTH		BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.
		STRONG by Zumba™ is a music-led interval training workout crafted to drive the intensity in a challenging progression that provides a total body workout. Moving in sync with music, this class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.
		Looking to strengthen and tone your legs and glutes? Combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party of Zumba. Increase cardio and calorie burning, while adding moves that sculpt your core and legs.
		Serious body sculpting to red-hot rhythms. This class blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weights, build strength, and tone all the target zones.
		BodyPUMP, the original LesMills barbell class, will sculpt, tone, and strengthen your entire body, fast! Focusing on low-weight loads and high repetition, BodyPUMP will help you improve overall fitness protecting your bones and joints from injury as you have fun strengthening.
		Try this mix of Pilates, Dance, Yoga, and Balance to get toned and tightened. Chisel and Define your body by holding onto the "barre" as you alternate deep-muscle toning moves with cardio intervals. No dance experience required.
FLEX/CORE		A fun and flowing yoga class for every level and interest with attention to sun salutations and a focus on strengthening the body and mind. Bring your open heart and mind and be ready to sweat and challenge yourself!
		A gentle yoga class designed to recover strength and balance. By focusing on posture and offering modifications this class promotes balance, flexibility, and stress reduction.
		This 30 minute class will use exercises that focus on CORE strength in the abdominal wall, the pelvis, the lower back and the diaphragm and its ability to stabilize the body during movement. Move better -- be stronger!!
		All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout you will be guided 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.
		BodyFLOW is the Yoga, Tai Chi, and Pilates workout that builds flexibility and strength. With controlled breathing, concentration and a carefully structured series of stretches, moves and poses you will leave feeling centered and calm.
VIRTUAL - indicates this class is brought to you by media. Enjoy the 15 foot screen and Master Instructor teaching.		
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. <i>Additional fees apply.</i>
All Fitness Types		Access LesMills Classes and programming to match your goals...on Your Device, Your Time, and at Your Place. Access on-line, wherever and whenever you want! On Demand subscriptions are discounted for Thrive Members...you pay \$10 per month for UNLIMITED Access to all that LesMills has to offer! <i>See front desk to subscribe.</i>

*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.*