

Group Exercise Class Descriptions

All group exercise classes are a free service with membership. Instructors demonstrate options to accommodate all fitness levels and abilities. New participants are encouraged to arrive 5-10 minutes early so that they may introduce themselves to the instructor and learn about the class.

Y CROSS –Y CROSS is a bootcamp inspired class that promises to be fun and challenging for beginner through elite fitness levels. This is a total fitness class that will increase cardio capacity and endurance, test your balance and flexibility, and build strength with an emphasis on the core. Take your fitness to the next level!

Y CROSS CARDIO - Y CROSS CARDIO follows the bootcamp style format of traditional Y CROSS with emphasis on cardiovascular conditioning and calorie burning.

BodyPUMP – The original barbell class that strengthens your entire body, challenging all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for—and fast! www.lesmills.com

BodySTEP - Using a height-adjustable step and simple movements on, over, and around the step, cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your entire body. www.lesmills.com

BodyFLOW - BodyFLOW is a Tai Chi, Yoga, and Pilates workout that builds flexibility and strength while leaving you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance. www.lesmills.com

BodyATTACK - BodyATTACK is a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone toward their fitness goals—from the weekend warrior to the hard-core competitor! www.lesmills.com

BodyJAM - BodyJAM is a cardio dance workout that emphasizes fun as well as fitness. The instructor will teach you to move with attitude in this addictive fusion of the latest dance moves and the hottest new music. Grab a friend and get front and center! www.lesmills.com

Spinning - The Spinning® program is the global leader in indoor cycling training and education. Uniquely tailored to suit a wide range of abilities and fitness goals, the Spinning program delivers a personalized workout, incredible calorie burn and personal challenge—all at a self-directed pace. Arrive 10 minutes early before your first class for proper bike set-up with the instructor. www.spinning.com

Zumba! - A Latin flavored cardio dance class. Exercise in disguise! You'll love this dynamic class and won't even know that you're getting a workout as you let loose and dance to the Latin beats. www.zumba.com

Step Plus – This class includes a step segment as well as various other forms of cardio such as cardio kickboxing, dance, hi-lo impact aerobics, followed by an intense abdominal and stretching segment at the end. This class is like a box of low fat chocolate. Come join the spontaneity and sweaty fun.

Yoga - Yoga is the union of mind and body. Come and enjoy this centuries-old physical art. Learn to calm your mind while you build strength and flexibility. Find yourself balanced, centered, grounded and focused—both physically and mentally.

Hot Yoga - A traditional yoga class done in a heated room. The heat will help increase your flexibility and sharpen your mental focus. Get ready to sweat! Be sure to grab a towel and bring some water.

YogaFlow - Based on the Vinyasa style of yoga poses that emphasize movements and poses synchronized with the breath, this class takes place in a heated room. Class begins with Pranayam (deep breathing) and flows thru warm-ups, sun salutations, warrior series, balancing, and cool down. All levels of expertise, including beginners, are welcome!

Pilates - An innovative flexibility and strength class based on the Joseph Pilates method. Pilates focuses on increasing fitness through targeting the core muscles of the abdomen, back and hips – the “powerhouse.” Pilates will help improve posture, ease back pain, and strengthen the entire body.

SilverSneakers® - Muscular Strength and Range of Motion Class. Get fit, have fun, and make friends! This chair-based class is ideal for older adults or those just starting out with exercise. Using elastic tubing, hand weights and fitness balls, members will improve strength, agility, balance, and coordination. Participants will increase their physical fitness and sense of well-being. www.silversneakers.com.

Water Aerobics - A cardiovascular exercise class held in the shallow end of the pool. The workout builds muscular strength and cardiovascular conditioning without added stress to the joints. Exercising in the water takes the impact out of the workout, yet adds resistance, which tones the entire body. Swimming ability not required.

AquaZumba! - Blend the hot moves of Zumba class with cool water and you get AquaZumba! It's a refreshing and fun class set to funky Latin music. Come join the pool party!

AquaFunk - Aqua Funk is a water fitness dance class that guarantees a fun, party style workout. Choreography is simple so participants can learn quickly and modify the moves with their own style and flair.