



The Zumba music and choreography you love IN THE WATER!!! It's a year-round pool party....no calories invited! Get wet & get fit!

**Arthritis**

This is a non-vigorous water class designed for people with arthritis and fibromyalgia. This class is helpful in relieving joint and muscle aches and pain.

**Blended Yoga**

End your week with everything you need in this Yoga class. Open and available to all levels. Find your balance here. Namaste!

**LESMILLS BODYCOMBAT™**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**LESMILLS BODYFLOW**

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

**LESMILLS BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

**BootyBLAST**

Lower body at it's best! Trim and tone everything from the waist down. Glutes, hamstrings, adductors, abductors, calves and core.

**Club Jam**

In this high energy dance class you will have such a blast that you will forget it's actually a workout.

**COMBAT cardio**

Straight. Killer. Cardio. Move! Circuit based. TABATA. Steady state and intervals. This NON STOP class will leave your body Rocked. Very high energy.

**Core**

A 30 minute class for all fitness levels that builds ab & back strength using a variety of equipment.

**LESMILLS CIXWORX**

CIXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - It's the glue that holds everything together.

**FaBLAST**

HIT cardio, low impact exerciees and weights. All wrapped up in a circuit based setting.

**FITCAMP**

Bootcamp style class with a twist. Always changing and always challenging.

**Gentle Yoga**

Non-vigorous Yoga geared to be great for beginners and enthusiasts alike.

**H2O Cardio**

A mix of high and low options for cardio fitness in the pool. A calorie burn that is easy on the joints.

**Heated Power Yoga**

A challenging yoga class in a heated environment that balances strengthening and lengthening.

**HIT 30**

30 minutes of high intensity interval training. Sometimes TABATA, always different.

**HIT30+**

HIT30 plus 15 minutes of a core, upper or lower body kicker

**Interval Blast**

This spin class will have you dropping calories and dripping liquid awesome. An intense mix of hills and sprints, interval style.

**Justin's Friday Ride**

Intervals, endurance, great music and entertainment...everything you need to get your weekend off to a great start! 30 minute class

**Max Muscle**

Weight lifting, strength training with free weights, Dumbbells and bar work. Functional strength training for everyone. Programs are written for strength in all areas.

**Pound**

POUND® IS THE WORLD'S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS.

**Restorative Yoga**

Stretch, breathe, balance. Increase your flexibility, clear the mind. Open to all ages and levels.

**LESMILLS RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**Senior Jam & Circuit**

Two classes in one! First half is a fun and energetic dance class geared toward seniors or beginners. Second half is a fun, circuit based workout that tones and strengthens. For all fitness levels.



This signature class provides all of the low to no impact options that you are looking for in an exercise class.

**Silver Sneakers Yoga**

Silver Sneaker approved Yoga that is big on stretching, flexibility and mobility but non-strenuous.

**LESMILLS SPRINT**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

**Step & Core**

An all time cardio favorite, step, now meets core toning for a class fusion that will have you shredding calories and training that six pack!

**Stretch and Tone**

This very low to no impact class uses a variety of equipment including chairs, handweights, stability balls and resistance bands with modifications to provide an exercise class that your joints will love.



Fun! Fun! Fun! Latin style workout with lots of core and hip work and jammin music. Come have the time of your life in ZUMBA

**Zumba Gold**  
For older adults and beginners of all ages... a low impact Zumba without jumps, stomps or twists

**Club Fitness**

**Group Exercise**

**Class Descriptions**



A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



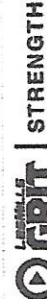
A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



High-intensity interval training that improves cardiovascular fitness.



High-intensity interval training designed to make you perform like an athlete.



High-intensity interval training designed to improve strength and build lean muscle.



Fun-loving and insanely addictive dance workout. No dance experience required!