

GROUP X IS THE PLACE WHERE YOU SWEAT, HAVE FUN AND GET FIT WHILE WORKING OUT WITH OTHERS! ALL CLASSES ARE 60-MINUTES UNLESS NOTED. NOT ALL CLASSES ARE OFFERED AT ALL LOCATIONS. SEE EACH CLUB SCHEDULE FOR SPECIFIC CLASSES.

- ◆ **Abs 30:** 30 minutes of core (abs/back) training *plus* additional muscle conditioning of the instructor's choice. Stretching included! *All fitness levels. Class times vary; please check schedule for your class time. (Previously ABS Plus)*
- ◆ **Advanced Step:** Challenge your mind and body through more complex choreography. Intense cardio workout focusing on challenging choreography. *Intermediate to Advanced level.*
- ◆ **Basic Step:** Designed for beginners or those desiring a less intense, less complex workout. Choreography is basic, no power moves are used, only low impact. *All fitness levels.*
- ◆ **Breaking Hip Hop:** Join Broadway in this high energy advanced hip hop style class. You will be breaking down the fundamental moves of "break dancing" then put them all together to choreograph your "routine". You will spend much of your time on the floor.
- ◆ **BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwon do, tai chi and muay tai. You will strike, punch, kick and kata your way through calories to superior cardio fitness. **BRING A TOWEL WITH YOU TO CLASS!** *Intermediate to Advance Fitness level.*
- ◆ **BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves 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. *All fitness levels.*
- ◆ **BODYJAM™:** The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance. *All fitness levels.*
- ◆ **BODYPUMP™:** The fastest way to shape and lose body fat. A Toning & Conditioning class with weights that is for just about anybody. It's perfect for both Males & Females who want to add Strength Training to their aerobic workout. This Simplistic Muscular Endurance workout makes it a great starting point to develop Strength & Confidence. **You must have a handstamp, available at the front desk, to take this class.** *All fitness levels.*
- ◆ **BODYSTEP™:** A simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination and upper and lower body conditioning for functional strength. (**BodyStepX**—45 minute format) *All fitness levels.*
- ◆ **Cross Training:** This class utilizes all different forms of training involving strength training, flexibility, cardio drills—limited choreography—suitable for *all fitness levels.*
- ◆ **Cycling:** A vigorous cardio class without comparison. Start pedaling and let go as your instructor takes you on the ride of your life. An exercise class on stationary bikes, perfect for any fitness enthusiast, recreational cyclist or serious racer. **Sign up at the front desk to reserve your spot. You must have water and a hand stamp in order to ride.**

Duration of Rides: The length of the working ride is noted next to the word *Cycle* on the schedule. Extra time is allowed for setting up new riders, explanation of Form & Safety Cues, etc. If it is *Cycle45* and the class begins at 9:15, the Instructor has until 10:15 to complete a 45 Minute ride, including Cool Down and Stretching.

- ◆ **Cycle45:** A 45 Minute ride in a 1 Hour time slot.
- ◆ **Cycle60:** A 60 Minute ride in a 75 Minute time slot.
- ◆ **Cycle75:** A 75 Minute ride in a 90 Minute time slot.
- ◆ **Cycle90:** A 90 Minute ride in a 1 Hour, 45 Minute time slot.
- ◆ **Cycle 30:** A 30 minute high intensity ride in a 45 minute time slot.
- ◆ **Beginner Cycle:** This is where it all begins! This is a 30 minute ride to help familiarize you with the bike and the format of a cycle class.
- ◆ **Family Cycle:** For the entire family—ages 9 and up and children must be 4'11" to participate. 30 Minute ride.
- ◆ **Cycling Endurance Ride:** Challenge your Cardio Endurance on this longer ride. The ride will focus on either mostly Hills or mostly Flats. 2 hour class. *Int. to Adv. Levels* **Bring electrolyte replenishment with you to this class.**
- ◆ **Spin & Fin:** A 30 minute intense cycling ride, followed immediately by a 30 minute finning session in the pool. *Intermediate to Advanced Level.*

- ◆ **"FAMILY" classes™:** All classes on our schedule that begin with "family" may be attended by members 6 ages and older with a parent. Family cycle—you must be 9 yrs of age and at least 4'11" to ride..

****GROUP FITNESS CLASSES ARE OPEN TO ALL MEMBERS AND GUESTS 14 YEARS OF AGE AND OLDER. THIS IS FOR THE SAFETY OF ALL MEMBERS. WE OFFER FAMILY CLASSES FOR MEMBERS AND GUESTS 6 YEARS OF AGE AND OLDER.**

- ◆ **FLAUNT!:** FLAUNT! is for every woman, every shape. We want you to rediscover and appreciate your body in a contemporary way. Exercises incorporated with exotic dance movements bring us back to our feminine roots and natural movements. You will get a full body workout. You will be amazed how the FLAUNT workout will whisk away your stress and leave you with a sexy and empowered feeling afterwards. FLAUNT! uses isometric exercises, combining pilates, yoga and exotic dance to sculpt and strengthen every major muscle group in the body. We also use a series of stretching techniques which enhance flexibility and produce long, lean, feminine muscles. Although these classes are not based on aerobic activity, you will definitely attain cardiovascular results. Only ladies 18 and over will be admitted. *All fitness levels. Must sign up for Wednesday's class at the front desk and receive a hand stamp before entering class. (45 MINUTE CLASS)*
- ◆ **Hip Hop:** This very popular high energy class teaches you basic dance & Fitness moves. The style of this class may be more "video" dance or Hip Hop oriented depending on the Instructor. A fun & energetic workout designed to make you sweat! *All fitness levels.*
- ◆ **Jujitsu:** One of 18 fighting arts that a samurai was expected to master. It means "gentle art". Very little muscle power is required to perform the techniques. You will learn self defense by coming to the mat and learning to fight from the standing, sitting & prone positions. You must be 18 years of age to participate in this class. 2 hours.
- ◆ **Pilates:** You will be guided through exercises that safely deliver optimal strength, flexibility and endurance, without adding bulk. This stress-relieving method will be performed on a mat. *All fitness levels.*
- ◆ **Pitaiyo™:** This 13 step fusion series comprised of pilates, yoga, tai chi and qi gong will increase your strength, alignment, flexibility and balance of mind and body. Core-stability, postural alignment and tone are improved through Pilates. Balance of movement, gracefulness and finesses of step is achieved through Tai Chi. Yoga will build mental and physical strength and flexibility. Focus is achieved through qi gong breathing. *Intermediate to Advance level.*
 - ◆ **Beginner Pitaiyo:** Same great class just easier! Beginner Pitaiyo is a slower, gentler paced 11 step fusion series with fewer salutations and levels to welcome the beginner.
- ◆ **TBC - Total (BodyPump) Conditioning:** We are kickin' BodyPump up a notch by adding cardio intervals to this already awesome format to give you a total body workout - strength, cardio and flexibility. Come challenge yourself as we take your fitness to the next level. *Intermediate to Advanced Levels.*
- ◆ **YogaFlex:** Develop strength, endurance, flexibility and proper body alignment through a series of poses with a strong emphasis on breathing and concentration. Poses range from relaxing stretches to challenging postures. A yoga mat is highly recommended. 75 min. *Intermediate to Advanced levels.*
- ◆ **Gentle Yoga & Family Yoga:** Enjoy the relaxing benefits of yoga while increasing strength & flexibility. Less vigorous than other yoga workouts. Great for Beginners or Special Populations (Seniors, Pregnant or Postpartum Mothers, etc.) 60 minutes. *All Fitness Levels*
- ◆ **Yoga Fusion:** All the benefits of yoga class with the addition of light hand weights, which adds more of an aerobic component to this challenging workout.. (60 minutes) *Intermediate to Advanced Level*



- ◆ **Zumba:** Dance your way to a fitter you! An Aerobic workout using exciting and unique Latin Moves and Rhythms. Also incorporates dance elements from other cultures including Belly Dancing and Hula. *All fitness levels*

SPECIALTY CLASSES IN MARCH 2010:

GIRLS NIGHT OUT! Flirty Friday! March 12th @ 6:30pm: 45 min of Zumba followed by 45 minutes of Flaunt. Must be 18 years of age to attend!

PRE & POST NATAL YOGA-Saturday, March 20th @ 10:30am:
Teaching yoga poses that are safe, comfortable and feel good while your body is changing. Learn to avoid overstretching and how to incorporate props to modify poses during your regular yoga practice. All moms-to-be and new moms welcome!

MOMMY & ME YOGA-Wednesday, March 18th & 24th @ 11:45am:
30 minute class led by Alex Kelly-Maartens for you and your infant, ages 12 months and up. Gentle yoga style class for you to enjoy with your child.

Les Mills Launch Weekend: Friday, Saturday and Sunday, March 26th, 27th & 28th!
Check out the schedule for your favorite format and join us MONDAY, March 29th for Les Mills Mania Monday! 25-30 minutes of each format - get a taste of it all!

