



Mechanicsville Group X Class Descriptions

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.

30/20/10: 30-minutes of fat-burning cardio work, 20-minutes of muscle conditioning and 10-minutes of core (abs/back) training. *All fitness levels*

Abs15: Your 15-minute solution to great abdominals! Train them in a short amount of time with effective exercises. *All fitness levels.*

Abs30: 30-minutes of core (abs/back) training *plus* additional muscle conditioning of the instructor's choice. Stretching included! *All fitness levels*



LES MILLS 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, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.



LES MILLS 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.



LES MILLS BODYJAM Is 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. So grab a friend, get front and center and get high on the feeling of dance. All Fitness Levels.



LES MILLS 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. *All fitness levels. (BodyPumpXP= a shortened 45 minute workout)*

BootCamp: This advanced class utilizes interval training techniques involving various callisthenic exercises, sport-specific drills, agility moves, strength training, flexibility and more - all designed to make you sweat! No choreography. Be prepared to go outside. Not recommended for pregnant moms! *Intermediate to advanced.*

Cycling: See Cycling, Mind/Body, Strive schedule for class descriptions

ButtsGuts&More (BG&M): Muscle Endurance and Strength training that focuses on the Glutes, Abs, Legs and the larger muscle groups of the upper body. All Fitness Levels.

MuscleConditioning (MC): No cardio here - you will use dumbbells, tubing, balls and more to work every muscle in every angle! *All fitness levels.*

Pilates: See Cycling, Mind/Body, Strive schedule for class descriptions

Seniorize: Low impact and muscle conditioning workout geared towards the more mature participant. All ages welcome.

Step: Using a bench platform, you can choose one of the following step classes based on the type of class you desire:

Basic: Designed for beginners or those desiring a less intense, less complex workout. Choreography is basic; no power moves are used - impact. It will energize & challenge the body.

AdvancedStep (AdvStep): Challenge your mind & body through more complex Choreography

StepCircuit (SCT): Get a fat burning workout from the step portion of the class, mixed with Strength Training Intervals to shape your body from head to toe!

Intermediate to Advanced



LES MILLS BODYSTEP THE energizing Step workout! Using a height adjustable bench & simple movements, the Cardio blocks push calorie burning into high gear. Workout ends with Muscle Conditioning tracks that shape & tone your body. *All fitness levels. (BodyStepXP= a shortened 45 minute workout)*

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. *All Fitness Levels.*

GentleYoga: 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.) *All Fitness Levels*

BeginnerYogaFlex(BegYogaFlex): An introductory class where you will learn the basic postures used in a yoga practice. Plenty of options are given to make everyone feel comfortable. The use of props such as straps and blocks are used to help assist these moves. Yoga has many physical and mental benefits to the body and mind. *All Fitness Levels*

Mechanicsville Specialty Classes:

LineDancing: Get ready to get your groove on in this popular dance class. Here you will cha-cha slide your way to a healthier you. This low impact dance class is suitable for anyone and fitness level! All that is required is a love for dance and willingness to have a lot of fun and good laughs. **Pass required!** *All Fitness Levels.*

Americanized KickBoxing(AKB): Jab, punch, kick, slip, duck & jump your way to fitness! This fun, yet challenging class incorporates various martial arts, boxing, kickboxing and endurance training techniques. This is not a "Cardio/Aerobic" style Boxing class. You will train with "Drills" the way real Kickboxers do! All Fitness levels.

BasicStepCircuit (BasicSCT): Same as Step Circuit, but with basic moves. Perfect for the beginner or anyone new to group fitness.

Runner's Club: Any speed for any need! New to running? Want to increase your time? See Cycling schedule for meeting times. Meet in the Café and be prepared to go outdoors.

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.*

Class Designations:

* 75 minute workout

+ 90 minute workout

XP 45 minute Express workout

Fusion Classes:

Keep your workouts exciting by attending Fusion Classes! These classes combine two or more of the listed classes. (Ex: BodyPump/Flow Fusion)

For the safety of all participants, please be on time. You will not be permitted to enter a Cycling, Yoga, Pilates, BodyPump, BodyCombat, BodyStep, BodyJam or BodyFlow class if you are more than 5 minutes late. You will not be permitted to enter any other Group Exercise class if you are more than 15 minutes late.