

GROUP FITNESS

Balance & Stability: This is a moderate intensity strength training class that focuses on joint rehabilitation, balance, postural alignment and core stability using a variety of equipment.

Cardio Express: A cardio training class using floor drills, step, jump rope, and BOSU.

Cardio Fusion: A cardio training class using different tools, including weights, fit and medicine balls, jump rope, step, and BOSU.

Cardio/Strength: A combination class of both cardio fitness using such things as BOSU, step, floor drills along with strength training using weights, bands, tubing, medicine and fit balls. Check this class out! You will get all you need in this fun combination.

Dual Step: This cardio class is twice the fun with two pieces of equipment; either two steps, or a step and another piece of equipment such as the bosu, slide, rebounder, weights or stability ball.

Fit Challenge: A cardiovascular class using high intensity moves, the floor and various kinds of equipment. Heart rates will range from 65% - 85% mhr. This class will live up to the name!!

Interval Workout: This is a high intensity cardio and strength class with alternating intervals of intensity. Aerobic, power and strength training moves are executed using a variety of equipment such as the step, rebounder, BOSU, kickboxing, slide, ladder drills, jump ropes, medicine balls, fit balls, weights, and tubing. A Rebounder and Heavy Hoop class will also be included.

Rebounding: A fun, safe and effective workout that builds strength, cardiovascular capacity and balance, without jarring the body. Taught on a unique spring-enhanced device. Strength training and core work is included!

Rebounding/Circuit: The rebounder is the core cardio piece of equipment used in this class along with a variety of circuits that will work strength with a variety of heart rate ranges.

Step & Core: A complete aerobic workout using the step with intervals of core work using medicine and fit balls.

Step & Strength: A complete aerobic workout using an adjustable step that provides high intensity with low impact choreographed moves. Class concludes with strength training and stretch.

Strength Training: A total body workout that increases muscular strength, endurance & definition, using free weights, fit ball, medicine ball, Bosu & resistance tubing. Core strength & balance are improved in this challenging class.

Turbo Kick: The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.

ZUMBA: This is a Cardio Workout by dancing to fun Latin music, with styles of dance from around the world. No experience necessary.

ZUMBA GOLD: This class is created to be easier than basic Zumba, same great music and fun but carefully designed to be easy to follow. You will get a safe and effective total body workout for any age any ability level.

PILATES

Pilates Essentials: A basic mat work exercise class using core body strength. Participants use their own body weight to strengthen and tone the muscles, improve movement, balance and flexibility. This is a mind-body workout where participants will purposefully practice basic concepts of pilates as a foundation from which to build. Students of all levels will benefit from this class. Registration is recommended.

Continuing Pilates: A matwork class designed for intermediate to advanced Pilates students. This class is open to those who have mastered the basics. No beginners please.

CYCLING

Cycling: A group indoor cycling class executed to music on a fixed gear bike that simulates the feel of road cycling. For all fitness levels and age groups because each participant controls the amount of resistance on the bike. While all riders should arrive early to set up their bike, beginners should allow 10 minutes prior to the start of their **first** class for a proper bike set up. Heart rate monitors and padded bike shorts are recommended. The bikes are equipped with clips for shoes with cleats. See reservation policy.

Cycle-Circuit: This 60 minute class offers cycling along with strength training using a variety of equipment.

Cycle-Core: This class offers a 45 minute regular cycle class with the added bonus of 15 minutes of core work along with a cool-down stretch.

Cycle-Interval: This cycling class incorporates a variety of intervals, including pyramid intervals, sprints, rolling hills, and short steep hills.

AQUA

Aqua Aerobics: Fat burning cardiovascular workout using the positive and negative resistance of the water to build strength and add muscle definition. Individuals can work at their own pace allowing for all fitness levels. Interval work using suspended moves and strength training are included. Great class for rehabilitation.

Aqua Challenge: A training based cardio class in the pool.

YOGA

Yoga: We offer fitness-based Yoga performing basic poses (Asanas) along with deep breathing techniques. Great instruction will allow beginners along with seasoned yoga participants to be in this class.

Yoga Sculpt and Tone: A combination of traditional Hatha yoga, core conditioning and weight training, seamlessly blended into a body transforming system. Light handweights are used in combination with

strength focused yoga.

Senior Yoga: A regular yoga practice with less strain on joints, increased circulation, reduced inflammation, this class will increase your overall sense of well being.

Yin Yoga: A restorative yoga practice for the mind, body and spirit. All poses are practiced on the floor and are held for a lengthy period usually 3-5 minutes. This enables the body to relax deeper and encourages the free flow of energy throughout the body.

Cycling Reservation Policy:

Reservations are required and can be made one week prior to the class on line, at the front desk or by phone. Arrive a few minutes before class to ensure that your spot will not be given to the first person on the wait list.

Studio etiquette:

1. Classes are a group activity; we request that you follow the instructor's direction at all times.
2. Please be on time. Entering a class in progress is not recommended; go to the back of the room when arriving late.
3. Appropriate attire must be worn.
4. In the winter, please bring or change your shoes to prevent tracking into the studio space.
5. No cell phones in the studio unless on silent mode.
6. Members may not use the studios or stereos.
7. Please keep conversations and volume to a minimum while waiting outside the studios and please restrict conversations during class as a courtesy to others.
8. Please place your gym bags in the storage area provided in the entrance to the studios.
9. We request that all equipment be returned to its proper storage area.

For questions contact Kathy McCarthy, Group Fitness Director at mccarthyk@lclub.com.

**Please note: class schedules are modified periodically to address member feedback and participation levels. Classes with low participation, (less than 6) are subject to cancellation.

560 Industrial Drive
Hartland, WI 53029
262-367-4999
www.lclub.com



