



## Group Fitness Class Descriptions

### CARDIO

#### 30 MINUTE CARDIO CHALLENGE

Challenge yourself to this training technique in which you give an all out, 100% effort through quick bursts of exercise followed by active recovery. 30 minutes is all you need!

#### BODYCOMBAT™/BODYCOMBAT™ Express 30

BODYCOMBAT™ is an energetic full body workout inspired by the martial arts. Learn and execute movements designed to challenge and transform you. Cardio and strength elements are combined to create an empowering experience. No experience needed.

#### INTERVAL

This interval class provides a full body workout. A variety of equipment is used to challenge your cardio system, your strength and your core.

#### CARDIO INTERVAL

A cardio training class that uses a variety of equipment to increase the heart rate, along with interval training for added intensity.

POUND™ Channel your inner rockstar with a fusion of movement and music. Combining lightly weighted Ripstix™ for a drumming effect and a full body interval workout will increase your heart rate, engage your muscles and work deep into your core. Workout is easily modifiable and accessible to all fitness levels.

#### REBOUNING/CIRCUIT

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 is a great workout for all fitness levels.

#### STEP/STEP EXPRESS

This high energy, low impact format will challenge your cardio system by continually moving up, over, and around a step to increase the heart rate.

#### ZUMBA®

Zumba is a fun, exhilarating class that provides great cardiovascular exercise. The format fuses easy to follow dance based movement and high energy music to create a fun, low impact workout. No experience necessary.

### STRENGTH

#### BALANCE AND STABILITY

This is a moderate intensity strength training class that focuses on joint rehabilitation, balance, postural alignment and core stabilization by using a variety of equipment pieces.

#### BODYPUMP™/BODYPUMP™ Express

BODYPUMP™ is a strength focused class designed to give maximum results. Basic strength building exercises will be performed with weights and a barbell. Proper weight selection and modifications will be offered.

#### DEFINE

Define & build lean muscle strength & endurance with a variety of weighted and body weight exercises. Challenge all muscles with easy to follow and effective techniques. All levels welcome.

#### TOTAL BODY

A total body workout that increases muscular strength and endurance using a variety of equipment. Core strength and balance are improved in this challenging class.

#### WATER AQUA

A high intensity cardio based training class using the resistance of the water and various pieces of equipment to give you an effective, safe workout.

#### AQUA CHALLENGE

Challenge yourself against the resistance of the water. Focus on improving cardiovascular fitness with a variety of formats designed to increase the heart rate. All levels welcome, modifications will be demonstrated.

#### AQUA INTERVAL

Using the resistance of the water and a variety of equipment and movement, this class will improve strength, coordination and challenge the core.

#### AQUA ENDURANCE

Use the properties of the water to maximize your workout. A variety of movements to work your muscles, increase your heart rate and challenge your endurance. All levels welcome.

### SENIOR CLASSES

#### YOGA FOR SENIORS

This safe and slower-moving class is designed specifically for older adults. Move through a

series of yoga poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation help promote stress reduction and mental clarity.

#### SENIOR STRENGTH & STRETCH

Designed for older adults, this class leads you through a complete series of seated and standing stretches. Work gently to increase range of motion in shoulders, back, hips and legs, to develop better balance, core awareness and breath awareness.

#### MIND/BODY

#### BODYFLOW™

Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind and your body. During BODYFLOW™ inspirational music plays as you bend and stretch through a series of yoga postures, elements of Tai Chi and then complete the experience with deep core training. Certified instructors will offer modification and options. This 60 minute class will leave you feeling strong, calm and centered.

#### MAT PILATES

Mat Pilates work is a great way to strengthen your core muscles (abdominal, hip and lower back) as well as aligning the body by using exercises that challenge you. Class will incorporate the fundamentals of Pilates and is appropriate for all levels. Small props such as Magic Circles, weights, bands and balls are utilized to engage specific muscle groups and assist with body positioning.

#### SUNRISE YOGA

Start your morning with invigorating sun salutations to bring energy to your day. Flow from one energizing posture to another while linking each movement with your breath. Open your heart, shoulders, hips, and back while strengthening and toning your core, arms, and legs. YIN YANG YOGA Combining the relaxing practice of Yin Yoga with the more active style of Yang Yoga, this combination class creates a perfect flow that will create a balance between mind and body.

#### YOGA

Offers fitness based Yoga performing basic poses (Asanas) along with deep breathing techniques. Great instruction will allow beginners along with seasoned yoga participants to enjoy this class.

#### YOGA FLOW

This class moves at a steady pace, incorporating movement and flow within the sequence of postures. Yoga Flow encourages strength, stamina, balance and flexibility. Modifications will be demonstrated.

#### YOGA SCULPT

Taught in a traditional flow style with a bit of a twist, this class incorporates light handheld weights for an extra challenge. Class will use slow, controlled movements to promote muscle length and strength. Focus on core stabilization, balance and increased range of motion. All levels welcome.

#### YOGA STRETCH

This all levels class consists of long held postures that stretch deep into the muscles targeting the connective tissue of the hips, pelvis, and low back. This practice will gently encourage students to stay in the stretch to experience mental focus.

### INDOOR CYCLING

#### CYCLE CIRCUIT

Two great workouts combining your ride with strength training. You will be on and off the bike throughout class. (regular workout shoes must be worn, no clip-ons).

#### CYCLING

An indoor cycling class that simulates the feel of road cycling. All riders should arrive early for bike set up, beginners should allow 10 minutes prior to start of class for proper bike set up. Bikes are equipped with clips for biking shoes.

#### CYCLE CHALLENGE

Gear up and get ready for an intense cycling challenge that will leave you energized and empowered all in just 30 minutes!

### RESERVATION POLICY

Pre-registration is required for all above referenced classes.

Registration is available via Online Services, accessed from the home page of our website ([www.lcclub.com](http://www.lcclub.com)). Classes become available 2 days minus 2 hours prior to the class start time. If you need to cancel your reservation, you must do so at least 12 hours prior to the class start time. If you have to cancel the day of the class, **you must cancel via our front desk**. If we are able to fill your spot before the class begins, you will not be charged.

Class schedules are modified periodically to address member feedback and participation levels. Classes with low participation are subject to cancellation.