



## CARDIO

### **BODYCOMBAT™ - Registration required**

This is an energetic full body workout inspired by the martial arts. Learn and execute movements designed to challenge and transform you. No experience is needed. SMARTSTART ZONE 3

### **CARDIO INTERVAL**

A cardio training class that uses a variety of equipment to increase the heart rate, along with interval training for added intensity. SMARTSTART ZONE 2-3

### **INTERVAL**

A full body workout utilizing a variety of equipment to challenge your cardio system, your strength, and your core. SMARTSTART ZONE 2-3

### **POUND™ - Registration required**

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. SMARTSTART ZONE 1-3

### **REBOUNding/CIRCUIT - Registration required**

A fun, safe, and effective mini trampoline workout that builds strength, cardiovascular capacity and balance without jarring the body. Strength training and core work is included. SMARTSTART ZONE 2-3

### **SPRINT™ - Registration required**

This 30 minute high-intensity interval training workout uses an indoor cycle to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. SMARTSTART ZONE 3

### **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. SMARTSTART ZONE 1-3

### **TABATA**

An interval workout based on the 20 second work/10 second rest format. This class will be a combination of strength, power, and cardio intervals to increase your aerobic and anaerobic capacity, increase muscle retention and your metabolic rate. SMARTSTART ZONE 3

### **ZUMBA™**

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. SMARTSTART ZONE 1-3

## STRENGTH

### **BALANCE & 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. SMARTSTART ZONE 1-3

### **BARRE™ - Fee based class - Registration required**

This class fuses the very best of pilates, yoga, aerobics, and strength training. Classes include modifications for any fitness level so that you can feel successful while achieving an amazing workout that will lengthen, strengthen, and tone your body. SMARTSTART ZONE 2-3

### **BODYPUMP™/BODYPUMP™ EXPRESS - Registration required**

A strength focused class which is designed to give maximum results. Basic strength building exercises will be performed with weights and a barbell. SMARTSTART ZONE 2-3

### **MX4 - Fee based class - Registration required**

This 30 minute class combines the best training tools with exciting workouts to help you improve cardiovascular fitness, power, strength, and endurance in a way that's right for your body and abilities. Run by a certified MX4 instructor. SMARTSTART ZONE 2-3

### **TOTAL BODY**

A complete body workout that increases muscular strength and endurance using a variety of equipment. Core strength and balance are improved in this challenging class. SMARTSTART ZONE 2-3

## MOVE IT KIDS

Group Fitness classes specifically geared for Ages 9 - 14. See additional youth schedule for details.

### **CYCLING | BODYCOMBAT | BODYPUMP | POUND | REBOUNding | SPRINT 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.lclub), the MY LCRAC Mobile App, or via our Front Desk Staff. Classes become available for registration 2 days minus 2 hours prior to the class start time.

**CANCELLATION POLICY:** In the event of a reservation cancellation, it must be received 10 hours prior to the class start time. If the cancellation is received within 10 hours of the class start time, a \$10 fee will be assessed if we are unable to fill your spot. A no show/no call reservation cancellation will result in a \$20 no-show fee. The purpose of the Cancellation, Late, and No Show Policy is to ensure the everyone can participate in class. We appreciate your support in this goal.

## 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. SMARTSTART ZONE 1-3

### **AQUA CHALLENGE/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. SMARTSTART ZONE 2-3

## MIND/BODY

### **BODYFLOW™**

Ideal for anyone and everyone, this yoga-based class will improve your mind and your body. During class, inspirational music lays as you bend and stretch through a series of yoga postures, elements of Tai Chi and then complete the experience with deep core training. Modification and options will be offered for all fitness levels. SMARTSTART ZONE 2-3

### **GENTLE YOGA**

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. SMARTSTART ZONE 1-3

### **MAT PILATES**

This class 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. Class will incorporate the fundamentals of pilates and is appropriate for all levels. SMARTSTART ZONE 2-3

### **POWER YOGA**

A dynamic flowing class which cultivates strength, flexibility, balance and endurance. Class may incorporate light handheld weights for an extra challenge. SMARTSTART ZONE 2-3

### **RELEASE**

This class will incorporate foam rolling for the relief of muscular tension along with stretching. We will focus on improving joint range of motion, reduction of muscle soreness, and maintenance of normal functional muscular strength. SMARTSTART ZONE 1-3

### **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. SMARTSTART ZONE 1-3

### **YOGA**

Offers fitness based yoga performing basic poses (Asanas) along with deep breathing techniques. SMARTSTART ZONE 1-3

### **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. SMARTSTART ZONE 1-3

### **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. SMARTSTART ZONE 1-3

## INDOOR CYCLING

### **CYCLING - Registration required**

Indoor cycling that simulates the feel or road cycling. All riders should arrive early for bike setup, beginners arrive 10 minutes prior to start of class for bike setup. Bikes are equipped with clips. SMARTSTART ZONE 2-3

### **CYCLE CORE - Registration required**

Two great workouts combining your ride with core training. A 45 minute ride followed by 30 minutes concentrated core work which includes everything from your shoulders to your knees. SMARTSTART ZONE 2-3

# SMARTSTART

## A PROVEN WAY TO FITNESS



# GROUP FITNESS



## JANUARY • FEBRUARY SCHEDULE 2018

EFFECTIVE JANUARY 1ST