







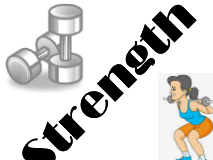












Class Descriptions

SIGN-UPS recommended for Spinning & Ped 'N Shred classes to reserve a bike. ONLINE sign-ups = 3 days in advance
OR Front Desk = 1 day in advance. Pick up your Class Ticket at the Front Desk at least 5 minutes before class or you may be moved to the wait list.

 <p>Core</p>	 <p>LES MILLS CXWORX <i>**30 minute class**</i></p> <p>Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. Dynamic training hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body. Options are available for all levels.</p>	<p>Core & More</p> <p>Core & More is designed to build muscular strength and endurance while improving your balance and flexibility. Utilizing a variety of equipment, this class will work all major muscle groups. Challenge your core... <i>and more!</i></p>
 <p>Cardio</p>	 <p>SPINNING <i>**Sign Up Online OR at the Front Desk**</i></p> <p>Get ready for a high energy, intense cardio workout in our Spin Studio. Burn fat, release stress, and build strength to upbeat music and professional coaching. Cycling shoes w/ S.P.D. cleats or stiff-soled shoes recommended. All levels welcome!</p>	
	<p>HIIT (High Intensity Interval Training) A training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short recovery periods. Keep your heart rate up and burn more fat in less time!</p>	
	<p>Ped 'N Shred <i>**Sign-Ups** Recommended</i></p> <p>Ped 'N Shred is a 60 minute class with 30 minutes of hard cycling, followed by 30 minutes of HIIT / Tabata-style body weight and strength training.</p>	 <p>ZUMBA</p> <p><i>Achieve long term benefits while having a blast in one exciting hour of calorie burning, body energizing moves along with inspiring Latin music that makes you want to get up and move. Get ready to "Join The Party!"</i></p>
 <p>LES MILLS COMBAT</p>	<p>BODYCOMBAT™ is the empowering cardio workout inspired by martial arts including boxing, Karate, Taekwondo, Tai Chi, and Muay Thai. Strike, punch, kick and kata your way through calories to superior cardio fitness.</p>	 <p>LES MILLS BODYSTEP</p> <p>Thanks to cardio blocks that push fat burning systems into high gear, BODYSTEP will get your heart rate up and increase cardio fitness. Burn calories, tone and shape your butt and legs. Improve coordination and agility.</p>
 <p>PLYOJAM</p>	<p><i>Dance Powered by Plyometrics...L.A.'s hottest new dance fitness class is here! This innovative workout combines cardio dance and PLYOMETRICS (jump training) to maximize calories burned!</i></p>	
 <p>Strength</p>	 <p>LES MILLS PUMP</p> <p>BodyPump™ is the original barbell class that strengthens your entire body with low weight and high reps. Use the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for... <i>and fast!</i></p>	<p>Circuit Challenge</p> <p><i>Come for a Challenge... Circuit-Style!</i></p> <p>This 45 minute class is set up with stations to push your strength to a new level.</p>
 <p>Starting Out</p>	<p>Senior Works This class will help you maintain and improve the physical components needed for activities of daily living. A gentle warm up precedes strengthening, flexibility, and balance exercises. All exercises may be performed sitting or standing depending on your fitness level. No floor exercises. Each class finishes with a thorough stretch.</p> <p> ZUMBA Gold Express Fit</p> <p>ZUMBA Gold Express Fit is a full body workout combining strength training with the revolutionary dance routine Zumba Gold. This class is designed for participants with very little exercise experience or for those who want a slower pace than our regular Zumba class. It is combined with 20 minutes of strength training using bands, balls and hand weights.</p> <p>Fit For ALL A unique class designed to be easily modified for all fitness levels. It combines a warm up, low impact aerobics, a muscle and bone strengthening segment, movements that enhance balance and coordination, cool down and stretching. Whether you're looking for a heart pumping workout or an introductory class into fitness, Fit For All can help you achieve your goals.</p> <p> Gentle Yoga</p> <p>This class is designed to gently stretch and strengthen the body while calming the mind. Because of its slow, relaxed pace and use of props, this yoga class offers an opportunity to safely build strength, mobility and balance for all, even those healing from injury, illness, or just beginning a fitness program.</p>	
 <p>Mind & Body</p>	<p> Yoga (Great For All Levels)</p> <p>Mind, Body, and Breath come together under the guidance of our experienced instructors. Achieve greater mental clarity, improve alignment, physical freedom, relaxation, strength, and flexibility.</p> <p> Hatha Yoga</p> <p>A series of traditional postures linked together in a slow flow, guided by intentional breath. Each class includes warm-up, slow sun salutations and standing poses, cool down, and finishes with a meditative savasana. Walk away feeling refreshed and inspired.</p>	<p> Vinyasa Yoga (Flow or Power Yoga)</p> <p>Coordinate movement with breath as you flow from one pose to the next in this more active form of Yoga. <i>Vinyasa meets in the Loft.</i></p> <p> Tai Chi 24-Form Basic Tai Chi principles are introduced along with balance work, and learning how to stand, turn, and move in the most efficient way.</p> <p>Qi Gong Ancient Chinese physical & mental health development system that combines flowing movements, meditations, & breathing to increase & balance one's vital energy (related to Tai Chi).</p>
	<p>Pilates</p> <p>Strengthen your core and learn to move with efficiency and precision, lengthen and strengthen important postural muscles for improved alignment and gait, and refine the connections between your mind and body.</p>	<p>BARRE</p> <p>The Barre workout is a fun, full body workout set to upbeat music. It combines ballet technique and Pilates movement principles to provide an energizing dance based workout that strengthens, stretches and tones the whole body.</p>