

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

BODYCOMBAT™ (45 & 55 min) is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from karate, boxing, taekwondo, tai chi and muay thai.

BODYATTACK™ (45 & 55 min) is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

LesMills TONE™ (30 & 45 min) This program will incorporate a broad range of music genres. This moderate to high intensity workout will keep you on your toes with options given throughout to match your fitness level. A total body workout with an overall mix of cardio, strength, and core training.

ZUMBA (45 min) Pretty much the most AWESOME Dance Workout ever! Dance to great music, with great people, and burn a ton of calories without even realizing it.

LINE DANCING (45 min) If anyone tells you that line dancing is a thing of the past hasn't experienced the ongoing and upgraded dances that people all over the country continue to experience. So, line up and start stomping with us here at the Nook with some favorite classics and new releases as well.

LaBlast Lite (45 min) Dance like a pro...A life-changing dance fitness program founded and choreographer by Louis Van Amstel, of Dancing with the Stars. These dances will inspire the mind and transforms the body while learning Disco to Tango, Rumba, Salsa, Cha Cha, Waltz and more. No partner needed!

****NEW-HIGH FITNESS** (45 min) is a leader in group fitness, inspiring people from all walks of life. HIGH transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques with music you know and love. This results in a high-energy, INTENSE and crazy fun class. **BODYSTEP™**(45 min) Basic stepping is the heart of BODYSTEP, a full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping music

COMBO

GO & FLOW (55 min) *Spend the first part of the class with heart pumping cardio on the bike. Drills are quick and concise using high and low resistance and designed to get your workout done with no downtime between songs. Then FLOW will focus on stretches that cyclists need such as hamstrings, quads, hips and finishing with a quick target on abs.*

CORE Water Rowing, and TONE (30 min) are perfect paired with another 30-min class to make a combo of your choice.

HIIT SERIES

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

STRENGTH

LesMills CORE formally CXWORX™ (30 min) is a workout using your own body weight, resistance bands and weighted plates. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. A short, sharp workout!

BODYPUMP™ (55 min) is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls safely and effectively. We also offer a 45 minute **BODYPUMP Lite** class and **PUMP-45** for those returning from an injury, short on time, or the times work,

BARRE (45 min) a multi-level BARRE class that includes 4-components, including Dance Technique, Yoga Postures, Functional Exercises, and Cardiovascular Training, which together creates a total body workout. Come see what the hype is all about!

TRX-Total-Body Resistance Exercise (45min) Try this anchored two-strap suspension training system that leverages your body weight against gravity to target and challenge muscular stability, strength, and endurance, while improving flexibility, balance, coordination, and total power!

CYCLE

CYCOLOGY (40 min) Shift your fitness into high gear with this pulse-pounding cycling class. Improve your cardiovascular fitness and fine tune your endurance. This is a non-impact workout for all fitness levels. It is freestyle and the format will be up to the instructor, so it may be a fast flat, hills or a combo of both, it will vary class to class and with each instructor.

GO! (30 min) A cycle class with a shorter warm up and stretch. Although this is marketed as a high intensity class, we will have options for all levels. This class is for those that want to get in and get out. Like Cycology, this freestyle format will vary with each instructor. **Senior Cycle** is a great option on Thursdays at 8:20am for those new to Cycle.

ROWING

Water Rowing (30 min) Long renowned as the perfect aerobic exercise, the Water Rower is unmatched with its ability to burn calories within a perceived level of exertion. Low impact and body weight bearing, the Water Rower is perfect for any user. You'll enjoy a natural resistance and on-water sound you can't find on other rowers. **Senior Rowing** on Tuesday at 8:20am is also suited for all ages and fitness levels.

MIND/BODY

BODYFLOW™ (55 min) is an athletic fusion of yoga, tai chi and Pilates. It builds flexibility and strength while leaving you feeling centered and balanced. Active yoga sequences and challenging poses, followed by stretches and a short meditation, are all set to modern music to create a holistic workout. Class is practiced barefoot for a safer grip on the mat. (Mats available)

Yoga (55 min) In this Vinyasa inspired class we will unite movement and breath. The physical benefits of improved core strength, balance and flexibility are secondary to the benefits of self-awareness, improvement in self esteem, and stress reduction.

Fitness Yoga (55 min) This yoga has its roots in Ashtanga, and tends to move a faster pace, while still incorporating core strength, balance, and flexibility. It is a great strength training workout that makes you feel energized.

Gentle Yoga "Evening Wind Down" (55min) Reset your Mind and Body with this Evening Salutation. Gentle Flow accompanied by yin and restorative poses to close your day and prepare for rest.

TRX Yoga (45 min) This class uses small hand-weights adding a challenge to basic yoga poses, while the TRX Suspension Trainer Straps enable you to do poses that you previously found daunting. The assistance of the straps allow you the ability to focus on perfecting form, stability, and all-around movement. This full-body workout will give you a new outlook on Yoga!

Senior Yoga (45 min) Get ready to move through a complete series of typical yoga poses, with the support of the chair beside you. Experience posture and poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for all levels.

Family Yoga (55 min) This class is beneficial for all ages, and enables you to find one hour during a week to take a class together as a family. This class is offered the 2nd Sunday of the month.