

WEST Group Exercise Class Descriptions

ATHLETIC ABS, POWER GLUTES: A challenging class focusing on the abdominal and gluteal muscles.

BODY COMBAT by Les Mills:

A non-contact, high-energy martial arts inspired workout incorporating moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Come to release stress, have a blast and feel like a champ. Bring your best fighter attitude!

BODY PUMP by Les Mills: A weight training class, using light to moderate weight with high repetitions. The Rep-Effect, a scientifically proven formula, develops lean athletic muscle while burning a lot of calories. This class is for everyone!

BODY SCULPT: Tone and define your muscles with strength exercise. Using a large variety of equipment, including body weight exercises, pure strength and daily functional movements. Emphasis is on proper technique and using all muscle groups.

BOOT CAMP CHALLENGE: Designed to work your entire body with muscle conditioning exercises and a host of athletic and cardio drills to challenge your muscular endurance and anaerobic capacity.

CARDIO DANCE & STRENGTH: A variety of cardio exercises are offered in this high energy, low impact class, including basic dance moves to pop and Latin music. A strength and stretch session will complete the workout.

CARDIO DANCE: Dance to both pop and Latin music with easy to follow dance steps, allowing participants to move at their own pace.

CORE by Les Mills: An intense 30-minute core-training workout designed to tighten and tone your midsection utilizing body weight, free weights and resistance tubing to challenge balance, coordination and improve functional strength.

CORE YOGA: Yoga poses and core exercises designed to stretch, strengthen and tone the back and abdominal muscles. You are highly encouraged to bring your own yoga mat and blocks.

FIT 20/20:

Twenty minutes of fun, easy to follow cardio, twenty minutes of light weight strength exercises ending with a relaxing stretch combination.

FIT FOR LIFE: Functional movement patterns designed to maintain muscle and endurance; improve bone density and balance, and care for the joints. Suggested for the older adult, and those wanting a less vigorous fitness option.

FLOW YOGA: This active practice links breath to movement in flowing sequences (vinyasa yoga). The focus on alignment and options for poses allows you to meet your unique daily needs. You are highly encouraged to bring your own yoga mat and blocks.

GRIT by Les Mills: Using barbells, weight plates and body weight exercises to blast all major muscle groups. Designed to build strength and lean muscle.

HIIT CARDIO: Cardiovascular interval training performing bouts of all-out effort followed by recovery time, using both light resistance and body weight for a super high calorie burn.

HIIT STRENGTH: Alternating intervals of both weighted strength and body weight cardio to increase both muscular strength and cardio endurance.

IRON ABS & ARMS: Use your own body weight, plus a variety of equipment such as dumbbells, body bars, tubing and kettlebells to create leaner, firmer abs, while building the upper body muscles.

PILATES (Mat Class): Core strength is the foundation of Pilates exercises. This unique system of body conditioning will improve posture, flexibility and balance, while strengthening the entire core.

POWER FLOW: This active practice links dynamic poses with breath in flowing sequences. A focus on alignment and a variety of expressions of poses allows you to meet the unique needs of your body. You are highly encouraged to bring your own yoga mat and blocks.

POWER STRETCH: A mind body class to increase your strength, balance and flexibility while decreasing tension and stress through poses and breath work. Appropriate for first timers and those looking to strengthen the core of their practice. You are highly encouraged to bring your own yoga mat and blocks.

SILVER SENIORS: This specialized class is designed to increase range of motion and muscular strength, using light weight or body weight non-impact exercises geared toward daily healthy living.

STRENGTH FUSION: A total body strength workout using time and rep-based intervals followed by brief cardio bursts. Functional training, balance and technique are emphasized making this class appropriate for everyone.

STRETCH & RESTORE: Improve flexibility and posture with slow and steady deep stretches, encouraging relaxation and stress reduction. Props are used and modifications are offered for all levels. This is a great complement to more active classes leaving you feeling calm and strong. You are highly encouraged to bring your own yoga mat and blocks.

TURBO KICK: A fun way to incorporate kickboxing, dance and martial arts into a high-energy workout.

WERQ: Build cardio endurance by dancing to today's hottest top 40 pop, rock and hip-hop music. WERQ up a sweat on the dance floor to your favorite charting hits.

ZUMBA: Dance to the beat of high-energy music. Choreography includes simplified footwork and body movements from Latin, hip-hop and other dance forms. Great for all levels.