

# Group Fitness Class Descriptions

**LES MILLS BODYBALANCE YOGA:** Ideal for anyone and everyone, BODYBALANCE is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered.

**LES MILLS BODYPUMP:** A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

**LES MILLS BODYCOMBAT:** Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning major calories along the way! This high-energy, martial-arts inspired workout is completely non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

**BODY SCULPT:** A strength training workout employing stability balls, hand weights, body bars, resistance bands and med balls to sculpt, define and tone the upper and lower body. Classes may include short cardio interval drills for additional conditioning.

**BOOT CAMP:** This class delivers a comprehensive and blanketed approach for the intense and motivated fitness enthusiast! Designed to challenge your entire body with muscle conditioning exercises, athletic and cardio drills that will challenge your muscular endurance and anaerobic capacity.

**CARDIO DANCE:** Cardio Dance is an exhilarating cardio class choreographed to top hits with easy to follow movement combinations. Various rhythms and genres are used to create a fun and dynamic fitness experience.

**LES MILLS CORE:** Exercising muscles around the core, Les Mills Core™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

**HARDCORE:** an intense conditioning session designed to build strength, stability and power, using an Integrated-All-Core- Muscle Group format. Participants will perform exercises with both equipment and/or body weight.

**Les Mills FUNCTIONAL STRENGTH:** A unique approach to strength training that builds power and athleticism. This series of full-body workouts mixes multi-joint movements and loaded exercises to build athletic strength, increase muscle tone, and push you to get fitter and stronger for everyday life.

**FIT FOR LIFE:** Fit for life is fun, functional and effective. Build strength, increase endurance, improve bone density and balance. This class is designed with an older adult population in mind or for those who would like a less vigorous fitness option.

**GENTLE YOGA:** A gentle sequence of Yoga based movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind without the repetitive flowing up and down movements of a Power Flow class.

**LES MILLS GRIT™:** 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. Increase your overall athletic performance: strength, agility, speed and power with LES MILLS GRIT Athletic, Cardio or Strength. Combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**GROOVE:** Groove is a unique way to experience movement through dance, together as a group! It is super fun, surprisingly simple and dynamically interactive. Groove is designed to bring creativity and connection to yourself and to each other.

**Les Mills SHAPES:** Combines elements of Pilates, Barre, and Power Yoga in a low-impact, high-intensity workout that sculpts and strengthens the entire body

**SHINE™ DANCE FITNESS:** SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results.

**Les Mills STRENGTH DEVELOPMENT:** Incorporates low reps of controlled movements using heavier weights with a heightened focus on form for maximum muscle engagement to increase full body strength.

**Stretch & Restore:** Improves flexibility and posture with deep, slow stretches that promote relaxation and stress reduction.

**PILATES:** 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.

**LES MILLS TONE™:** If you want the optimal mix of strength, cardio and core training, this is it. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level.

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Continued

**TURN UP:** Hip hop based dance fitness & HIIT (high intensity interval training) workout. By combining dance with elements of fitness (Work, Shake, Flex, Slay-#CoreFour) in a culture that fosters teamwork, community and energy, we are able to connect and use our workout as therapy and get physical results.

**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 all of your favorite charting hits.

**YOGA FLOW:** A flowing sequence of Yoga based movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind.

**FLOW YOGA:** Students will spend time moving through various asanas using the steady rhythm of their breath. This vinyasa all level class is a great way to build strength, focus, and learn mindfulness techniques.

**ZUMBA:** The craze across the country! Latin inspired workout will give you cardio, and great target toning of the glutes, legs, abs, and arms. Great class to come to with your friends and have a blast!

## GROUP FITNESS POLICIES

Always inform your physician before starting a new fitness program. Inform the instructor and club of any health issues or if you become pregnant.

Work out at your own pace and listen to your body. If something hurts, stop. Learn the difference between muscle discomfort and pain. Work within your target heart rate or level of perceived exertion. If you are unsure, ask an instructor.

Be considerate of others in class. Do not use equipment/weights unless directed by an instructor, and follow class format and routine as instructed.

Wear a separate pair of work out shoes in the club. This keeps your shoes in shape and helps maintain the studio floors.

Bring a water bottle and be sure you hydrate throughout the class.

All equipment should be returned to it's proper place at the conclusion of each class. Equipment may not be removed from the studio unless directed by an instructor.

Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 10 people may be dropped.

*NOT SURE WHICH FITNESS CLASSES ARE RIGHT FOR YOU?  
CONTACT OUR GROUP FITNESS MANAGER FOR A FREE CLASS  
CONSULTATION OR WITH ANY QUESTIONS OR CONCERNS.*

**Sarynn Brower**  
**Group Fitness Manager**  
**608-241-2639**  
**PCE.GFM@princetonclub.net**