



CLASS DESCRIPTIONS

LES MILLS CLASSES

BODYCOMBAT (moderate/high intensity) - high-energy martial arts-inspired workout that will help you release stress, have a blast and feel like a champ, burning up to 740 calories along the way. This is totally non-contact and there are no complex moves to master (55 minutes).

BODYFLOW (low intensity) - Thai Chi, Yoga and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm; involves controlled breathing with a carefully structured series of stretches, moves and poses set to music (55 mins).

BODYPUMP (moderate/high intensity) - easy to follow, instructor-led barbell program that improves strength and endurance for all your major muscle groups. Create long, lean muscle with this endurance based program (55mins).

BODYSTEP (moderate/high intensity) - energizing step workout with simple movements on, over and around the step, combined with great music. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

LES MILLS CORE (moderate/high intensity) - 30 minutes revolutionary core training program based on cutting edge research that hones in on abs, glutes, back, obliques and “slings” connecting upper and lower body.

GRIT (high intensity) - 30 minute high intensity interval training (HIIT) workout, designed to build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. These 3 unique programs (strength, cardio and athletic) will have you burning calories long after class ends.

SPRINT (high intensity) - 30 minute HIIT workout, using an indoor bike to achieve fast results; features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next block of work.

FIT OVER 50 CLASSES (low intensity) - specifically tailored to our senior clientele, focusing on balance, coordination and improving functional activities for a continued quality of life (45 minutes).

SPIN (moderate/high intensity) - Indoor cycling based on outdoor riding. Ride to our inspirational music over varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed. Increase cardiovascular fitness, burn fat, increase leg strength and muscular endurance without bulking up (45 minutes).

PILATES

MAT (low intensity) - uses your core muscles to build total body strength, stability and flexibility. This class is performed on a mat, using your own body weight (45 minutes).

REFORMER (low/moderate intensity) \$15 members/ \$20 non-members—uses spring resistance to define your muscles and create a long, lean, sculpted body; improves posture, balance, stamina, and flexibility. Call 337-310-5110 to reserve your spot.

YOGA—(low/moderate intensity)

Astanga Yoga—Monday—A set flow that incorporates one breath with each movement. Sun salutations combine with standing poses, balancing poses, seated poses and inversions. Work your muscles with a strengthening sequence that brings mind and body together to cultivate harmony, balance and endurance. ALL levels welcome.

Vinyasa Yoga—Wed/ Friday—A vigorous yoga flow synchronized with breath and strength training