

## Class Descriptions

### Glenwood

#### **Les Mills Programs:**

**BODYCOMBAT:** Non-combat, martial arts-based fitness program with moves drawn from karate, taekwondo, kung fu, kickboxing, muay thai and tai chi. Choreographed to awesome music, providing an exhilarating experience.

**BODYFLOW:** Combines tai chi, yoga, and pilates for a complete mind and body experience. Enhances flexibility, strength, balance, and posture. Set to upbeat music.

**BODYJAM:** A fusion of the latest dance moves with the hottest new sounds. Let your hair down and have some fun! 15 minute preview class will help you learn the moves.

**BODYPUMP:** The fun begins when music and muscle collide! An athletic-based strength and endurance workout, designed for all ages and fitness levels; uses bars with adjustable plates to work every major muscle group. Arrive at least 5 minutes early to set up equipment.

**BODYSTEP:** Fun, cardio-challenged (no weights), yet easy-to-follow step class. Peak step, party step, speed step and more to burn, burn, burn, those calories!

**RPM:** This indoor cycling class can burn up to 800 calories in just 45 minutes! Your ride is consistent and matched perfectly to music, regardless of Instructor. Great start for beginners. Bring towel and water bottle.

#### **Freestyle Classes:**

**Core Fitness:** Strengthens the abs, obliques, low back, butt and thighs

**Cycling:** Group indoor ride offers cardio and interval training. Instructor choice in skills taught, 55 minutes. Bring towel and water bottle.

**Kickboxing:** Punch, jab, kick and sweat with this cardio and strength conditioning class.

**Latin Fusion:** This class combines low impact aerobics with Latin flavor.

**Yoga:** A series of poses to increase strength, flexibility, and focus.

**Zumba:** Combines Latin rhythm with cardio exercise to create a fun, aerobic dance routine.

*~EXPRESS Classes Are 45 Minutes In Length~*