

# Get in shape with LPD's Group Fitness Classes

**40-Minute Blast** We will focus on muscles that shape your abdomen, lower back, hips, gluts, legs, upper body, shoulders & arms in this fun, 40-minute fast paced work out!

**Better Class, Bar None** This strengthening class is both challenging and satisfying! There's no better way to start the week. Body bars and tubes will be provided! All fitness levels welcome!

**Boot Camp** Boot Camp is an interval class which incorporates cardio and strength training. In an inviting, motivating and inspiring group environment, this class is designed to get results in both speed and endurance, while tightening and toning the entire body!

**Cardio Resistance Training** Total body strength class that works all muscles. Using a variety of equipment from dumbbells to resistance bands with bursts of cardio. New and different exercises challenge your muscles to build strength while burning calories.

**CORE POWER** Creative Core and Cardiovascular exercises will focus on the abdomen and back muscle groups along with glutes. Using upright and weight bearing positions to build stronger muscles throughout. A variety of equipment and body weight will be used.

**Cycle Spin** This class is an invigorating way to blast off calories while listening to fun and motivating music. This class is designed to work leg muscles, strengthen your CORE and is a great workout for all!

**Express Kettlebell** This 30-minute class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements.

**High Intensity Interval Training** A one-hour class that will combine intense cardio bursts and strength segments to challenge all the body's muscles.

**Mix It Up** Join us for a premiere total-body workout. This class includes cardio conditioning in the form of step, kickboxing or high/low impact aerobics. We will also be strength training by using hand-held weights and working out the lower body.

**Pilates** Mat Pilates builds strength and flexibility, particularly of the abdomen and back muscles using your own body weight. Other benefits are improved posture, balance, leaner muscles and CORE strength. With proper breathing you will de-stress and increase weight loss. This class is for beginner-advanced.

**SilverSneakers Circuit** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

**SilverSneakers Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Strength Embrace** Is a challenging core and body strength workout for all levels. Hand weights and body resistance exercises will be incorporated into this 45-minute workout class.

**TABATA** Blast fat and strengthen your entire body in only 30 minutes with this intense workout! Tabata features 20-second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times without pause. With full intensity of execution, you'll be guaranteed results!

**Tai Chi** Tai Chi is an ancient Chinese martial art that is being rediscovered here as a health exercise. This class brings the mind, body and spirit together with isometric, balance and leg strengthening exercises. Movements are executed slowly and precisely to learn proper body alignment.

**Weekend Workout** Weekend Workout is a strength training class designed to burn fat and build muscle in an effective 60-minute workout session. You'll use body bars, dumbbells, stability balls and resistance bands to work all the major muscle groups. It's a great way to get in shape!

**Yogalates** Yogalates is integrating Yoga poses and Modern Pilates techniques for compete fitness, strength and flexibility. Yogalates develops CORE strength, tones muscles, increases flexibility and reduces stress. Matwork from Pilates and Yoga poses will warm and strengthen the body.

**Zumba** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## Group X Classes by Les Mills!

**BODYFLOW™** is Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal "time out" from the stress and strains of daily life - a 55 minute group exercise-to-music class that enhances your physical and mental well-being.

**BODYCOMBAT™** is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, Kickboxing, Muay Thai and Tai Chi. Each 55-minute BODYCOMBAT class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

**BODYPUMP™** is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class makes BODYPUMP™ a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each 45-minute or one-hour workout. You'll use a step platform, a bar and a set of weights.

**CXWORKX™** is 30-minute class. This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and behind, as well as improving functional strength and assisting in injury prevention.

