

# Group Exercise Class Descriptions

**Body & Soul**—A blending of yoga and pilates for a powerful mind & body experience.

**BodyPump**—A total body strength training workout. This class consists of 10 songs with each song focusing on a specific muscle group. Ideal for all fitness levels. **BodyPump Express**—45-minute class with 8 songs rather than 10.

**Butts & Gutts**—30 min. class attacking the butt, thighs and abs.

**Cardio Ballet**—You will gain endurance, strength, balance and poise. 40 minutes of cardio ballet movements followed by 20 minutes of mat-based Pilates.

**Intro to Pilates**—For beginners seeking a gentler style of mat-based Pilates.

**Kick & Core**—Kickbox combinations & punching bag drills polished off with abdominal/back exercises to tone and tighten the mid-section. Gloves required.

**KICKBOX**—Shadow boxing, jump roping, punching bag drills, and strength training to burn calories at a fast and furious rate. Gloves required.

**Pilates Mat-Based**—Train your abdominal and back muscles and improve your posture, align your spine and build strength in your stomach muscles. All levels welcome.

**Six Pack Abs**—Develop a powerful center by sculpting the abs and back muscles in this 30 minute express class.

**SPINNING**—A cycling workout in a group setting. Please arrive at least 10 minutes before class begins to set-up your bike. Sign-up is required for all Spinning classes at the Fitness Desk no more than 45 minutes in advance. Staff, family and friends may not sign-up another person for class. Water bottles and heart rate monitors are recommended. Monitors available for purchase in the Pro Shop.

**SPIN & Core**—45 minutes of indoor cycling followed by 15 minutes of core exercises to tone and tighten the abdominal and back muscles.

**SPIN & Strength**—45 minutes of indoor cycling followed by 30 minutes of total body strength exercises utilizing various pieces of exercise equipment.

**Step Interval**—Short segments of step alternated with short segments of strength exercises targeting the entire body. Class will end with an abdominal workout and cool down.

**Step Jam**—energizing step workout mixed with dance choreography to Latin inspired rhythms. Each class will consist of a Warm-up Dance, 9 to 10 STEP tracks, 1 to 2 Cardio strength tracks and a Cool Down Dance. The same tracks will be repeated throughout each month so you will be jamming in no time!

**Step & Kick**—60-minutes of cardio in this action packed class that is a combination of step and kickbox. Gloves required.

**Step & Lower Assets**— Segments of step alternated with strength exercises targeting the lower body muscle groups. Class will end with an abdominal workout and cooldown.

**Total Body Strength**—A non-impact, strength and toning workout for the entire body using a variety of resistance equipment.

**Yoga**—You will increase balance, flexibility and strength through yoga poses. Learn relaxation and breathing techniques to help decrease stress, tightness and tension in the body.

**Zumba**— Sizzling hot dance class featuring music from latin America and other international countries. Your hips will move non-stop with easy-to-follow dance steps. Big Calorie Burner!

**Zumba Sculpt**—45 minutes of dance followed by 15 minutes of toning and strength exercises.

## Lap Pool and Warm Water Therapy Pool

**Aqua Fit**—This **multi-level** water workout is easy on the joints while providing the benefits of a **mid-to-high intensity** cardiovascular water workout. Some strength exercises may be included. Water shoes are recommended but not required. **Aqua combination class: Aqua Fit & Tone.**

**AquaFlow**—Unique form of aquatic bodywork based on principles of Watsu, Tai Chi, Pilates and Yoga. Benefits include flexibility, spinal alignment, balance, and decrease of stiffness and pain.

**Aqua Tone**—Focus on using water equipment such as noodles, water barbells, and tubing to build muscular strength using the water's resistance. Water shoes are recommended. **Aqua combination class: Aqua Fit & Tone.**

**Arthritis Foundation Aquatic Program: Arthritis classes and Arthritis/Fibro combo class:** Exercises performed in the **\*warm water therapy pool\*** will help to increase joint range of motion and help to reduce pain and stiffness. Classes are held in 12-week sessions and are available to non-members for an additional fee. **Register at the Front Desk.**

**Deep Circuit H2O**—A powerful aquatic circuit workout held in the deep water portion of the lap pool which is 5 ft. Aquabelts and noodles will be used to keep you suspended in the water during your workout.

**H2O Bootcamp**—A high intensity water workout featuring interval training, longer cardio segments and equipment assisted strength exercises.

**HydroFin**— Fun, energizing water workout using the "Aqua Fins." The Aqua Fins are cuffs that are secured onto your wrist and ankles. The cuffs are used in the water to increase resistance during your workout. All levels are welcome.

**Warm Water Tone & Stretch**—Muscular endurance and strength exercises performed in the warm water therapy pool using various pieces of aquatic resistance equipment.

**Water Walking**—Did you know 30 minutes of water walking equals to two hours of land walking? The water provides continuous resistance to every move you make, therefore, burning calories and building strength. Water shoes recommended.

# “Water is the best of all things”

PINDAR (C. 522-C. 438 B.C.), Olympian Odes

**Interested in finding new ways to cross-train, accelerate performance and reduce risk of injury, jump in the pool!**

**The benefits are varied and many!**

1. **Buoyancy**- Water gives you the benefits of a great strength and cardio workout with a lower incidence of injury. Water lifts the body's weight off lower body joints for less impact.
2. **Range of Motion**-Because you're buoyant you can move through a fuller range of motion. Bigger ROM means stronger performance with less pain and more flexibility.
3. **Overuse injury prevention**-Cross training in the water is a great supplement to your exercise program to get more fit without excessive impact and overuse injury.
4. **Improved Athletic Performance**-The pool is a dynamic training arena. You can run laps slow and easy, or make them forceful & challenging. Water has 12 times the resistance of air so movements in the pool are slower but increase muscular power and strength.
5. **Frequency & Duration**- The beauty of the water is that athletes can exercise longer than they would on land because of the cushioning nature of the water. With increased workout duration, the more calories burned.
6. **Challenging environment**- Don't be fooled. The pool is a very challenging. It's an outstanding way to cross train and a great tool. You can improve sport performance, reduce injury, shorten recovery time and improve flexibility.

**LHFC offers 15 Aqua Group Fitness classes each week.**

**Pick up a Group Exercise schedule for class descriptions and times.**

See this Beautiful Jersey?

You can come in today and buy it in our Pro Shop. But, what fun is that? On the other hand, you can **earn 10%** off the price of the jersey and also work toward your fitness goal!

Just Take “**10**” Spin classes between April 1<sup>st</sup> and June 30<sup>th</sup> and we'll discount the Jersey by 10%. There are punch cards at the desk to track your progress toward that discount, pick one up today, choose your class times and start riding!



Custom made  
LHFC Jersey!