

CLASS DESCRIPTIONS



CARDIO:

20/20/20: Combines all of your favorite aspects of fitness and puts them into one solid workout! Combine 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core and flexibility!

Barre & Tone: A total body workout that lifts your seat, tones your thighs and burns fat in record-breaking time. (Low impact)

Classic Cardio - a variety of cardio activities to improve your cardiovascular endurance. This class is designed to be lower impact, but still effective!

Cycle: Come enjoy this high energy class set to motivating music to really get you going. Be sure to arrive early to set up your bike.

H.I.I.T. and Core: "Friday's with Felicia"- a great way to start your weekend! First half of the class will get your heart pumping followed by moves to strengthen your core.

Latin Fusion: Dance the calories away to a mix of Latin, Pop, and Hip Hop music!

Power Step/Step Interval: All of the cardio benefits with minimal impact!

Total Body Conditioning: An all encompassing workout designed to produce total body results. This fast moving work out conditions your cardiovascular system and nearly every muscle group in your body.

Turbo Kick: The ultimate cardiovascular challenge. A unique blend of intense intervals, strength & endurance training. No equipment necessary.

Water Aerobics/H.I.I.T. H2O: Medium-low impact class to improve cardio endurance and enhance body tone. H.I.I.T. H2O also includes work with dumbbells on Sundays! Basic swim skills **required** for all water classes!

ZUMBA: Dance your way to a fitter you. This class incorporates unique Latin rhythms with calorie burning dance movements

STRENGTH:

Body Pump: Endurance weight lifting set to the timing of music. Each muscle group will be worked to fatigue to promote full body toning!

Muscle Works: All body muscle conditioning class that will add strength utilizing barbells, free weights, and body weight movements.

Functional Fitness: Light to moderate class that works on slowly improving overall flexibility, balance, cardio endurance and muscle tone. Progressive flexibility allows for full range of motion which enhances daily living. Activities are low impact.

Interval Training: This class combines cardio and muscle toning all in one high/low workout.

Strength & Balance: Non-aerobic, low impact class that will improve muscular strength, endurance, flexibility and balance.

STRENGTH/CARDIO MIX:

Cardio, Strength & Core— a great mix of strength and cardio that will be mixed up with every class!

F.I.T. (Fast Intense Training): Challenge yourself beyond traditional training with this high intensity, functional workout.

Workloads can be modified or scaled in intensity and weight. Workouts may take place in the cardio/weight room, group ex room or hallway of LFC.

Kettlebell Circuit— A great way to spend your lunch break! Kettlebells are a blend of cardio and strength that keeps you burning calories at a higher rate for hours!

Metabolic Total Body: This metabolic training workout will touch all muscle groups while also getting cardio benefits through elevated heart rate and compound movement

TRX Circuit: Suspension Training, bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

MIND/BODY:

Hatha Yoga: Basic yoga poses that are held for longer periods of time to increase flexibility and/or build muscle/bone strength.

Mat Pilates: Designed to improve flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness.

Pilates Plus: This class is specifically designed to increase core strength, balance and flexibility.

PIYo: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a fat-burning, low-impact workout leaving your body looking long, lean, and defined.

Power Yoga: a general term used to describe a vigorous, fitness-based approach to vinyasa-style yoga. Though many consider it to be "gym yoga," this style of practice was originally closely modeled on the Ashtanga method.

Vinyasa Yoga: Practice of yoga poses that flow through Vinyasa sequences. **Slow Flow Vinyasa** will flow through sequences at a slower pace.