

GROUP FITNESS

Balance & Stability: This is a moderate intensity strength training class that focuses on joint rehabilitation, balance, postural alignment and core stability using a variety of equipment.

Cardio Express: A cardio training class using floor drills, step, jump rope, and BOSU.

Cardio Fusion: A cardio training class using different tools, including weights, fit and medicine balls, jump rope, step, and BOSU.

Cardio/Strength: A combination class of both cardio fitness using such things as BOSU, step, floor drills along with strength training using weights, bands, tubing, medicine and fit balls. Check this class out! You will get all you need in this fun combination.

Core/Hoop: A class that will be focused on abdominal and core strength using the Heavy Hoop

Fit Challenge: A cardiovascular class using high intensity moves, the floor and various kinds of equipment. Heart rates will range from 65% - 85% mhr.

Flexibility Training: Increase flexibility and range of motion by stretching and lengthening the muscles. This class helps you relax, relieve stress and prevent injuries. You do not need to be flexible to participate.

Heavy Hoop Intervals: A workout using the heavy hoop with intervals of cardio intensity. The instructor may use other equipment to increase the intensity and variety of the workout.

Interval Workout: This is a high intensity cardio and strength class with alternating intervals of intensity. Aerobic, power and strength training moves are executed using a variety of equipment such as the step, rebounder, BOSU, kickboxing, slide, ladder drills, jump ropes, medicine balls, fit balls, weights, and tubing. A Rebounder and Heavy Hoop class will also be included.

Rebounding: A fun, safe and effective workout that builds strength, cardiovascular capacity and balance, without jarring the body. Taught on a unique spring-enhanced device. Strength training and core work is included!

Step & Core: A complete aerobic workout using the step with intervals of core work using medicine and fit balls.

Step & Strength: A complete aerobic workout using an adjustable step that provides high intensity with low impact choreographed moves. Class concludes with strength training and stretch.

Strength Training: A total body workout that increases muscular strength, endurance & definition, using free weights, fit ball, medicine ball, Bosu & resistance tubing. Core strength & balance are improved in this challenging class.

Turbo Kick: The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.

ZUMBA: This is a Cardio Workout by dancing to fun Latin music, with styles of dance from around the world.

PILATES

Pilates Essentials: A basic mat work exercise class using core body strength. Participants use their own body weight to strengthen and tone the muscles, improve movement, balance and flexibility. This is a mind-body workout where participants will purposefully practice basic concepts of pilates as a foundation from which to build. Students of all levels will benefit from this class. Registration is recommended.

Continuing Pilates: A matwork class designed for intermediate to advanced Pilates students. This class is open to those who have mastered the basics. No beginners please.

CYCLING

Cycling: A group indoor cycling class executed to music on a fixed gear bike that simulates the feel of road cycling. For all fitness levels and age groups because each participant controls the amount of resistance on the bike. While all riders should arrive early to set up their bike, beginners should allow 10 minutes prior to the start of their **first** class for a proper bike set up. A water bottle, towel and smile are required. Heart rate monitors and padded bike shorts are recommended. The bikes are equipped with clips for shoes with cleats. See reservation policy.

Cycle-Core: This class offers a 45 minute regular cycle class with the added bonus of 15 minutes of core work along with a cool-down stretch.

Cycle-Interval: This cycling class incorporates a variety of intervals, including pyramid intervals, sprints, rolling hills, and short steep hills. Don't worry there will be rest intervals too! Interval training benefits all fitness levels from beginner to the more advanced.

AQUA

Aqua Aerobics: Fat burning cardiovascular workout using the positive and negative resistance of the water to build strength and add muscle definition. Individuals can work at their own pace allowing for all fitness levels. Interval work using suspended moves and strength training are included. The water a great place for rehab and for cross training.

Boot Camp—Aqua Style: A training based cardio class in the pool.

YOGA

Beginning Yoga: If you are new to yoga, this is the place to start, however, all levels will benefit from this class.

Yoga: We offer fitness-based Yoga performing basic poses (Asanas) along with deep breathing techniques. We recommend attending four sessions of Yoga Personal Training or Beginning Yoga for participants who are new to Yoga.

Yoga Stretch: A combination of Yoga and stretching.

Stretch Fitness: This class will incorporate both Yoga and stretching techniques to improve flexibility and strength.

Vinyasa Flow: A combination of yoga moves synchronizing breath with movement. Expect movement journey between the postures and Sun Salutations that create heat in the body and increase circulation.

Cycling Reservation Policy:

- Reservations are required and can be made one week prior to the class through the front desk, in person or by phone in the group fitness reservation book. Arrive a few minutes before class to ensure that your spot will not be given to the first person on the wait list. Members may participate on a walk-in basis as availability of bikes allow.

Studio etiquette:

1. Classes are a group activity; we request that you follow the instructor's direction at all times.
2. Please be on time. Entering a class in progress is not recommended; go to the back of the room when arriving late.
3. Appropriate attire must be worn.
4. In the winter, please bring or change your shoes to prevent tracking into the studio space.
5. No cell phones in the studio unless on silent mode.
6. Members may not use the studios or stereos.
7. Please keep conversations and volume to a minimum while waiting outside the studios and please restrict conversations during class as a courtesy to others.
8. Please place your gym bags in the storage area provided in the entrance to the studios.
9. We request that all equipment be returned to its proper storage area.

For questions contact Kathy McCarthy, Group Fitness Director at mccarthyk@lclub.com.

**Please note: class schedules are modified periodically to address member feedback and participation levels. Classes with low participation, (less than 6) are subject to cancellation.

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