

Class	Description	Duration	Burn Rate	Equipment
<b>LES MILLS BODYPUMP</b>	is a barbell workout for anyone looking to get lean, tone, and fit. This class will help you achieve more than on your own. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.	55 min.	(average) 560 calories	Equipment provided
<b>LES MILLS BODYBALANCE</b>	is a yoga-based class that will improve your mind, body, and life. You'll strengthen and stretch your entire body and leave the class feeling calm and centered.	55 min.	390 calories	Bring your own Yoga Mat
<b>LES MILLS tone</b>	is the perfect class if you want the optimal mix of strength, cardio and core training. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level.	45 min.	500 calories	Equipment provided
<b>LES MILLS BODYSTEP</b>	in BODYSTEP you will use simple movements on, over and around the step. The cardio blocks will push fat burning systems into high gear followed by muscle conditioning tracks that will shape and tone your butt and thighs.	55 min.	700 calories	Equipment provided
<b>LES MILLS BODYJAM</b>	is a choreographed dance class meant to keep you moving and burning calories. If you like to dance, there's nothing like it. House, Hip-hop, Drum 'n' bass, Trap, all styles of electronic music, it's the soul of BODYJAM.	55 min.	530 calories	-----
<b>LES MILLS BODYCOMBAT</b>	is a high-energy martial arts inspired workout. It is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.	55 min.	740 calories	Gloves, Wraps, optional
<b>LES MILLS RPM</b>	With great music pumping, your instructor takes you on a journey of hill climbs, sprints, and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.	50 min.	675 calories	Bike shoes optional
<b>LES MILLS CORE</b>	is a 30-minute workout where you will be guided through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises. A stronger core makes you better at all things that you do.	30 min.	210 calories	Equipment provided
<b>LES MILLS THE TRIP</b>	THE TRIP is a fully immersive workout experience that combines a 40-minute multi - peak cycling workout with a journey through digitally - created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.	40 min.	790 calories	Bike shoes optional
<b>LES MILLS sprint</b>	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.	30 min.	450 calories	Bike shoes optional
<b>LES MILLS SH'BAM</b>	A fun-loving, insanely addictive dance workout, SH'BAM™ is an ego-free zone - no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower - even if you walk in thinking you can't, you'll walk out knowing you can!	30 min. or 45 min.	530 calories	-----

## Group Exercise Class Descriptions

**LES MILLS**  
**barre**

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

30 min.

300 calories

Equipment provided  
Ballet shoes optional

**LES MILLS**  
**GRIT**

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

30 min.

300 calories

Equipment provided

**LES MILLS**  
**BODYATTACK**

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

55 min.

555 calories

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**ACTIVE LIVING**  
  
Silver Sneakers

is a class catered to all levels. We use chairs for stability, weights to help tone and strengthen the body, and we even do some dancing and cardio to help our lungs and heart. Our weight lifting, cardio and balance workouts are designed to help you move throughout every - day life.

55 min.

200 calories

Equipment provided

**Parkinson's  
Power Moves**



is a class designed for anyone who wants to work on fine motor skills, flexibility, balance, strength and functional movements to help with everyday life.

30 min.  
and  
55 min.

varies

Equipment provided

**Aquatic  
Classes**

is a low - impact activity that takes the pressure off of your bones, joints and muscles. Aquatic exercise can also have several health benefits, such as improved heart health, reduced stress, and improved muscular endurance and strength.

55 min.

210 calories

Equipment provided

**North Gym hours**

**Monday - Thursday**

5 am - 9 pm

**Friday**

5 am - 8 pm

**Saturday**

8 am - 2 pm

**Closed Sunday**

**South Gym hours**

*Staffed hours*

**Monday - Thursday**

6 am - 6 pm

**Friday**

6 am - 4 pm

*24/7 access with security code*

**KIDZ ZONE hours**

*Available only at North gym*

**Monday - Friday**

8 am - 1:15 pm

**Monday - Thursday**

4 pm - 6:45 pm

**Friday**

4 pm - 5:30 pm

Pool Location: 1934 Hickory Street  
inside Hendrick Rehabilitation