

Give for Life 29

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GROUP FITNESS/SMARTFIT 360 CLASS DESCRIPTIONS

SMARTFIT360 is our signature class! Burn up to 500 calories or more in 30 minutes while increasing muscle endurance, strength and power. Our high energy instructors will keep you motivated. Our specialized fitness program has 3 different workouts: HIIT Total Body, Bootcamp and Core Blast. This program is designated to keeping your heart rate in the "Smart" Zone while using your MyZone HRM. Ask our instructors about trying out one of our HRM.

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to [540 calories*](#). Instructors will coach you through the [scientifically proven](#) moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. **(LesMills class)**

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. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to [730 calories*](#) and leaving you with a sense of achievement **(LesMills class)**

Step into a **BODYCOMBAT** workout and you'll punch and kick your way to fitness, burning up to [740 calories*](#) along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. **(LesMills class)**

ZUMBA: Our Zumba class is designated to bring people together to sweat it out. It is a total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

GROUP CYCLE is a great way to get an early morning workout. Our instructors emphasize on endurance, strength, intervals, high intensity and recovery.

CYCLE SCULPT is a workout that incorporates light strength training, core and cycle all in one class. If you are new to cycle, strength and core workouts this is the class for you.

CYCLE HIIT is a High Intensity Interval Training class that is muscle building, hill climbing/sprinting and calorie burning all while working in short 45-60 second rotations. A 60 minute class...bring your A game and burn up to 700 calories. All fitness levels from beginners to advance.

SENIOR FUNCTIONAL & CARDIO SCULPT our Instructors workouts are to help our Seniors benefit from regularly scheduled activity. The workouts are designed to improve our Seniors quality of life. We are proud partners of both Silver Sneakers and Silver & Fit.