

CARDIO/STRENGTH CLASSES

BARRE STRENGTH & CORE

Start your day with a BANG! This class is designed to keep your body guessing. We will include a good amount of strength exercises, smooth and fluid barre movements, many different core exercises and a lot of fun!

BOXING /YOUTH BOXING

Put on your boxing gloves and prepare to strike the heavy bag. Learn proper boxing techniques including the jab, cross, and hook. Follow your trainer through 1 to 3 minute fitness rounds designed to provide overall total body strength and endurance challenges including abdominal, core and strength training.

CARDIO CUT

Looking for the perfect combination of heart pumping cardio and intense strength training? This class is it!! Each week both the format and the equipment used will change to make for increased calorie burn, total body workout and core stabilization!

CARDIO KICKBOXING/KICKBOX & SCULPT

Mix up your routine with this high-intensity full body workout. Burn calories while learning non-contact boxing and karate moves, as well as athletic drills and light weight training.

CARDIO STRENGTH & CORE

This class is broken down into a 20/20/20 format. In the first 20 minutes feel the difference cardio training can make and breathe life into your workout. Dance, step and jump with our inventive cardio classes. In the second 20 minutes of your workout, improve the strength of your total body with resistance training utilizing dumbbells, Gliders, BOSU Balance Trainers, stability balls, bands, and body bars. After the hard work is done compliment your training with 20 minutes of specific core conditioning which will strengthen both abdominal and back muscles.

CARDIO ZONE

Blast your cardio fitness level through the roof with a full class of the best of any type of cardio training the instructor feels like throwing at you! Some days you may do kickboxing, some days step, some days high/low impact, some days sports conditioning – but bottom line, you will challenge your aerobic and anaerobic thresholds every time. Come prepared to sweat, breathe hard and get super fit!

CIRCUIT BURN

Melt away calories and fat while increasing lean muscle with this high intensity circuit training class. The class focuses on circuit style weight training with short bursts of cardio.

CIRCUIT XL

Whether you are new to exercise or have been exercising for years, this total-body, inclusive and fun workout is for you! This class adds circuit exercises to regular training drills. This class takes interval circuit to a higher level utilizing TRX bands and spin bikes. You will be doing non-stop circuits that introduce strength, agility and balance using various equipment. The interactive, game-like atmosphere is un intimidating, motivating and fun!

CYCLE BOOTCAMP

Why Choose!? Take this class for a combination of Upper Body & Core Strengthening! Tone & Tighten while developing strength and endurance on our brand new spin bikes!

CYCLE & TRX

Cycling builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing. The second part of this class uses the same TRX principals as a regular 60 minute TRX class.

HIGH FITNESS

HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines fun old and new pop songs that everyone knows and loves with intensity and consistency. HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

PILOXING®

A non-stop cardio fusion of standing Pilates, boxing and dance that guarantees to increase cardiovascular endurance, muscle tone and definition.

RIP THE TREAD*

Back by popular demand!! Sign up 24 hours in advance and enjoy 15 minute high interval training on our state of the art treadmills and 15 minutes of upper body, lower body and core workout totaling a 60 minutes full body blast!!

SALSAROBICS®

This high energy aerobic class provides a fun and challenging workout while moving to Latin, Caribbean, and African rhythms. Muscular conditioning, flexibility, postural alignment and endurance are all addressed in this fat burning class. Each participant is challenged at their own level. The class offers options of intensity and impact for participants to choose from.

STRETCH RELEASE & CORE

Focus on stretching as you increase mobility through movement and active release.. Improve your overall physical (athletic) performance with the many benefits of increased mobility: decreasing muscle tension, reducing the risk of injury by improving range of motion in your joints, and boosting blood circulation throughout the body.

STRICTLY STRENGTH

Build muscular strength and endurance using a variety of equipment including free-weights, resist a balls, and tubing to give you a more defined look. Regular strength training helps build bone mass and increase calorie expenditure.

TOTAL BODY CONDITIONING (TBC)

This class integrates segments of aerobic conditioning, strength training and core development using a variety of equipment: dumb-bells, body bars, tubing, and bar bells. Action packed, easy to follow and guaranteed to challenge you!

ZUMBA™

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. These easy to follow dance steps and body sculpting exercises have the whole country dancing!

ZUMBA GOLD®

Zumba Gold is for EVERYONE! It takes the zesty Latin and international music, exhilarating and easy-to-follow moves, and modifies it so those who need less impact can join the party. Zumba Gold is perfect for beginners, active older adults, and ANYONE who needs modifications to the strenuous class. Come experience the camaraderie, excitement and fitness of Zumba Gold.

MIND & BODY CLASSES

CANDLELIGHT YOGA

Melt away your daily stress in a room filled with candlelight and soft music. This yoga class focuses on poses that promote relaxation and rejuvenation. Unwind as you move mindfully through gentle flowing poses, designed to move the spine in all directions, and release tension with longer seated and restorative poses. Rejuvenate your body and mind. This class is beneficial to all levels.

GENTLE YOGA

This practice is an easy, slow and steady approach to yoga. Class incorporates yoga props to support the body, elongate the spine, open the hips, and customize the poses to suit each person's individual needs. Class is ideal for those who are new to yoga, students who have physical limitations or are recovering from injury, OR prefer a less rigorous and more relaxing practice.

HATHA YOGA

Traditional yoga is for all levels from beginner to advanced. A meditative practice connecting mind, body and spirit through centering, asana (postures), pranayama (breathing) and savasana (relaxation). Benefits of regular yoga practice include stress reduction, flexibility, and overall improvement in your physical, emotional, and spiritual well-being.

TWEEN YOGA

This introduction to yoga is designed specifically for adolescents as a way to gain strength and flexibility through yoga poses and connect to their changing life and body build a positive attitude and self-image.

VINYASA YOGA

Class is a more energetic yoga practice that connects breath (pranayama) to movement of the body. This practice allows you to refine postures (asanas), build stamina as you focus and stretch beyond the limitations of your body and mind. Practice can be modified for beginners, and all levels are welcome!

PILATES SCULPT

Boost metabolism and build lean muscle mass as you move to upbeat tracks. You'll combine free weights with Pilates sequencing and cardio to intensify each Pilates sequence while mixing in strength-training moves like squats, lunges and bicep curls.

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Lake Forest
Fitness Center