

## **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!

### **BODY HIIT**

This class focuses on circuit style weight training and agility drills. The high intensity interval training (HIIT) format alternates between strength and cardio sections which is proven to burn the most calories during class and hours after.

### **BOXING BOOTCAMP**

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 BARRE & TONE**

Cardio Barre & Tone is a unique, high energy exercise class that combines barre work and light weights with continual fat burning motion. Central to the workout are toning and resistance exercises for the glutes, legs, torso and arms to sculpt muscles and tone the body.

### **CARDIO STEP & KICK**

Mix up your cardio work with blocks of step routines and blocks of kickboxing combinations. This class is sure to ramp up your heart rate while keeping you guessing all hour long!

### **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.

### **CIRCUIT & INTERVALS**

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 unintimidating, motivating and fun!

### **CORE BLAST**

A short yet challenging workout which targets your abs, back and midriff. A strong core can help with balance, posture and overall strength.

### **CYCLE & TRX**

#### **\*SIGN UP REQUIRED 24 HOURS IN ADVANCE OF CLASS RUNNING TIME\***

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.

### **POWER BOOTCAMP**

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 strength training on and off the fitness floor. This class is upbeat and is sure to keep your mind and muscles guessing the whole hour through.

### **STEP & STRENGTH**

Simple, heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio and weights workout.

### **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.

### **TABATA**

Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

## **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!

## **MIND & BODY CLASSES**

### **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.

### **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!

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# Lake Forest Fitness Center