

**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography. *Calories Burned Average 735*

**BODYSTEP™** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Like all the LES MILLS™ programs, a new BODYSTEP™ class is released every three months with new music and choreography. *Calories Burned Average 620*

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography. *Calories Burned Average 737*

**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography. *Calories Burned Average 390*

**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. Like all the LES MILLS™ programs, a new RPM™ class is released every three months with new music and choreography. *Calories Burned Average 675*

**BODYPUMP™**, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Perform 70-100 repetitions per body part totaling up to 800 repetitions in a single workout. *Calories Burned Average 750*

**CXWORX™** really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. *Calories Burned Average 230*

**SPIN-** Indoor Cycling classes offer high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select personal intensity levels during the workout through body position and bike tension.

**R.I.P.P.E.D-**Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometric, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective..

**Fluidity Barre™** Gain leaner, longer limbs and a healthy physique Fluidity is applauded by numerous fitness experts for approaching exercise in a challenging but efficient way. In just two 30-minute workouts a week, Fluidity will change your body in ways you've only imagined!

## **Gold's Aqua Fitness Class Description**

**Hydromania - A moderate-to-high intensity shallow water workout. All over body toning and cardiovascular workout. Since each participant works at their own pace, this class is great for the beginner to the most advanced participant.**

**Easy Does It - A low-level, low-impact shallow water exercise program. Activities include water walking, aerobic exercise to build cardiovascular endurance and range of motion exercises. "Easy Does It" is our motto. Participants are encouraged to work at their own pace.**

**Arthritis Foundation Water Exercise - Gentle stretches and range of motion exercises keep tender joints mobile. The buoyancy of the water assists movements, while the resistance strengthens muscles that support joints.**

**Deep Water Running, also known as aqua jogging, is great cross training for runners and an excellent way to deal with and prevent injuries.**