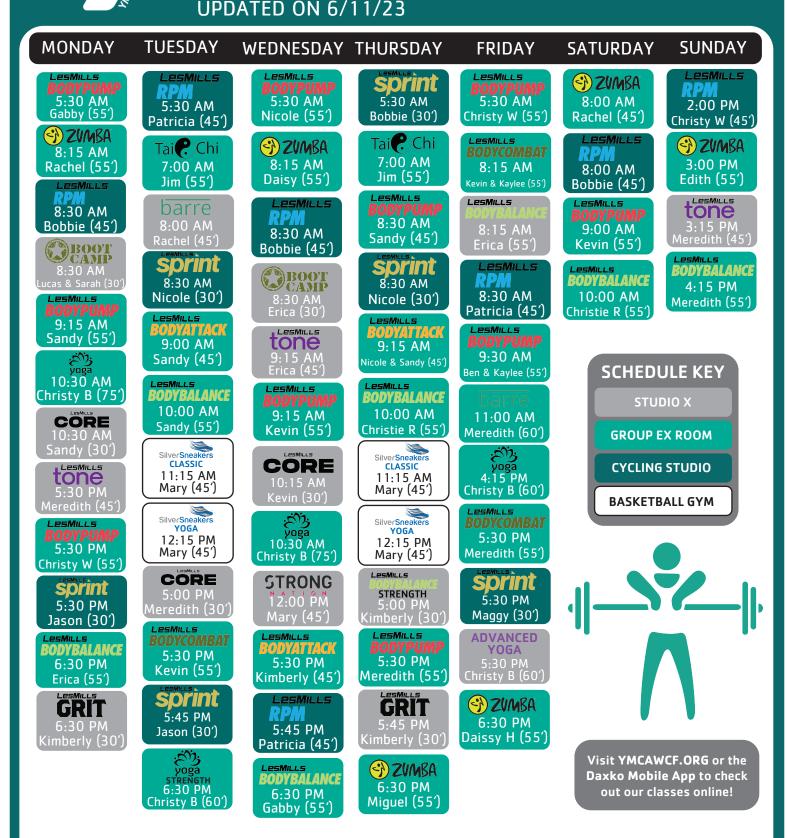
GROUP EXERCISE LAKELAND FAMILY YMCA

the



CATEGORY	CLASS	DESCRIPTION
STRENGTH	LESMILLS BODYPUMP	BodyPump is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength and burn calories while getting fitter, faster.
STRENGTH		LesMills Core is an intense workout for functional fitness. Its scientifically designed to build strength, stability, and endurance in the muscles that supports your core, including the abs, glutes and back.
STRENGTH CARDIO	BOOT	BootCamp is a mix of strength and cardio in a rotation of exercises that will hit all muscle groups with modifications for all fitness levels.
HIIT STRENGTH CARDIO		Grit is a high intensity interval workout that switches between short bursts of intensity and recovery periods- the best way to increase fitness, tone muscles, lose fat and become more athletic.
STRENGTH CARDIO	tone	LesMills Tone combines strength, cardio, and core exercises in one complete workout. It's a functional fitness mix that gives you the freedom to workout at your own intensity.
HIIT CYCLE CARDIO	Sprint	LesMills Sprint is a high intensity interval training workout using a stationary bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits.
CYCLE CARDIO	LesMills RP//	RPM is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level, and hit an endorphin high.
CARDIO	LESMILLS BODYCOMBAT	BodyCombat is mixed martial arts inspired workout that fuels cardio fitness and defines and strengthens the body. Feel empowered as you build phenomenal core strength.
CARDIO	LESMILLS BODYATTACK	BodyAttack is a high energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports inspired training like running, lunging and jumping with strength exercises.
CARDIO	SVMBA	Zumba is a high energy aerobics dance class inspired by latin beats that includes both fat burning and muscle toning benefits in a very fun atmosphere where you can sing along and enjoy the party!
CARDIO	STRONG N A T I O N'	Strong Nation is a high intensity training that combines body weight, muscle conditioning, cardio and plyometric training to music specifically designed to make you work hard and have fun!
FLEXIBILITY MIND/BODY	LESMILLS BODYBALANCE	Body Balance is a yoga, tai chi, and pilates workout that helps build flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of well-being.
FLEXIBILITY MIND/BODY	yoga	Yoga emphasizes strength, balance, and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.
FLEXIBILITY MIND/BODY	barre	Barre is a hybrid workout combining ballet inspired moves with elements of pilates, dance, yoga and strength training using classic dance moves such as plies, alongside static stretches.
FLEXIBILITY MIND/BODY	SilverSneakers CLASSIC	Silver Sneakers Classic is a workout offering standing, low impact choreography, alternated with standing upper body strength work. You will use hand weights, elastic tubing with handles, a Silver Sneakers ball and a chair available for standing support.
FLEXIBILITY MIND/BODY	SilverSneakers YOGA	Silver Sneakers Yoga uses chair support so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and relaxation will promote stress reduction & clarity.
FLEXIBILITY MIND/BODY	Tai	Tai Chi is a centuries old form of exercise from China. Regular practice of these slow, graceful movements can improve balance, reduce stress, and promote good health.