

PSC CLASS DESCRIPTIONS P=All Levels PP=Intermediate PPP=Advanced

BODYATTACK™ – A SPORTS INSPIRED CARDIO WORKOUT FOR BUILDING STRENGTH AND STAMINA; THIS CLASS COMBINES HIGH ENERGY INTERVAL TRAINING AND ATHLETIC AEROBIC MOVEMENTS WITH STRENGTH AND STABILIZATION EXERCISES. POWERFUL MUSIC WILL MOTIVATE EVERYONE TOWARDS THEIR FITNESS GOALS-FROM THE WEEKEND ATHLETE TO THE HARD CORE COMPETITOR! *PP/PPP*

BODYCOMBAT™ - A FIERCELY ENERGETIC PROGRAM INSPIRED BY MARTIAL ARTS AND A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAEKWONDO AND TAI CHI. SUPPORTED BY DRIVING MUSIC AND ROLE MODEL INSTRUCTORS STRIKE, PUNCH AND KICK YOUR WAY THROUGH CALORIES TO SUPERIOR CARDIOVASCULAR FITNESS. *PP/PPP* **BODYCOMBAT MINI** – ½ HOUR! EFFECTIVE AND EFFICIENT!

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. *P/PP/PPP*

BODYJAM™ – IS THE CARDIO WORKOUT WHERE YOU ARE FREE TO ENJOY THE SENSATION OF DANCE. AN ADDICTIVE FUSION OF THE LATEST DANCE STYLES AND HOTTEST NEW SOUNDS PUTS THE EMPHASIS AS MUCH ON HAVING FUN AS BREAKING A SWEAT. TRAINED INSTRUCTORS TEACH YOU TO MOVE WITH ATTITUDE THROUGH THIS 55-MINUTE CLASS. *P/PP/PPP*

BODYPUMP™ – THE FASTEST WAY TO SHAPE UP AND LOSE BODY FAT; BODYPUMP IS A TONING AND CONDITIONING CLASS WITH WEIGHTS. PERFECT FOR MEN AND WOMEN WHO WANT TO ADD STRENGTH TRAINING INTO THEIR AEROBIC WORKOUT. HOT SOUNDS AND COMPELLING CHOREOGRAPHY KEEP YOU MOTIVATED AND COMING BACK FOR MORE! *P/PP/PPP*

BODYVIVE™ – THE PERFECT PROGRAM FOR ANYONE SEEKING IMPROVED MUSCULAR STRENGTH, INCREASED HEART HEALTH, IMPROVED FLEXIBILITY, BETTER AGILITY AND BALANCE, WEIGHT LOSS AND GENERAL WELLNESS. THE CLASS IS CHOREOGRAPHED TO POPULAR MAINSTREAM MUSIC FROM THE 60'S, 70'S, 80'S, 90'S AND TODAY. *P/PP/PPP*

BOOT CAMP – GET INTENSE WITH YOUR WORKOUT BY COMBINING CHALLENGING CARDIO WORK AND STRENGTH TRAINING EXERCISES. THE FORMAT AND EQUIPMENT USED WILL CHANGE EACH WEEK TO KEEP YOUR MUSCLES GUESSING AND MAKE EVERY CLASS FRESH! *P/PP/PPP*

CXWORX – IS THE 30-MINUTE CORE CLASS THAT'S BEEN FORMULATED WITH A CAREFULLY STRUCTURED, SCIENTIFIC APPROACH AND UNFORGIVING INTENSITY. IT HAS BEEN DESIGNED TO TIGHTEN AND TONE THE ABS, GLUTES, BACK, OBLIQUES AND 'SLINGS' CONNECTING THE UPPER AND LOWER BODY, IMPROVE FUNCTIONAL STRENGTH AND ASSIST IN INJURY PREVENTION LIKE NOTHING ELSE. *PP/PPP*

DRUMS ALIVE – COMBINES TRADITIONAL AEROBIC MOVEMENTS WITH THE POWERFUL BEAT AND RHYTHM OF THE DRUMS. THIS IS A WORKOUT FOR THE ENTIRE BODY, MIND AND SPIRIT! FEEL AND EXPERIENCE THE PULSATING RHYTHMS, DYNAMIC MOVEMENTS AND POWERFUL PERCUSSIONS OF THIS NEW HIGH-ENERGY DANCE AND RHYTHM PROGRAM. *P/PP/PPP*

FOREVER FIT – EFFECTIVE STRENGTH TRAINING, STRETCHING, BALANCE EXERCISES AND LIGHT CARDIO ESPECIALLY DESIGNED TO SAFELY CATER TO THE PHYSICAL NEEDS OF ACTIVE OLDER ADULTS. *P/PP/PPP*

PILATES – ADOPTED BY DANCERS AND ATHLETES, EMBRACED BY MILLIONS, THIS FULL BODY WORKOUT SIGNIFICANTLY CHALLENGES CORE STRENGTH, DYNAMIC STABILITY AND COORDINATION. BUILD STRENGTH WITHOUT BULK. IMPROVE FLEXIBILITY AND POSTURE. *P/PP/PPP*

PEAK RUNNING CREW – A TRAINING PROGRAM FOR RUNNERS, IMPROVE RUNNING EFFICIENCY AND PERFORMANCE. TRAIN FOR SPECIFIC RACES OR RUN FOR FUN. SAFE, EFFECTIVE PROGRAMMING WITH SUPPORT FROM YOUR FELLOW RUNNERS. 1/2 HOUR OF CORE WORK, FOLLOWED BY AN OUTDOOR RUN ON THE PERRYVILLE BIKE PATH. TUESDAYS 5:30PM* *PP/PPP* **SIGNED WAIVER REQUIRED**

RPM – 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. *P/PP/PPP*

STEP / MULTI-STEP – TRY OUR ENERGETIC STEP CLASSES AND FOLLOW UP WITH TONING TO COMPLETE A FULL BODY WORKOUT! FOR AN EXTRA CHALLENGE, MULTI-STEP USES 2 OR 4 STEPS. COORDINATION, VARIETY AND FUN! *P/PP/PPP*

SPINNING – A CUSTOMIZED STATIONARY RACING BIKE GIVES YOU A SMOOTH WORKOUT SIMULATING OUTDOOR CYCLING; LEARN HOW TO INCORPORATE THE USE OF HEART-RATE MONITORS TO GET A SAFE AND EFFECTIVE CARDIOVASCULAR WORKOUT. **LOOKING FOR MORE?** TRY SATURDAY SPIN CHALLENGE-A 1 ½ HOUR RIDE. *P/PP/PPP*

5K/10K BOUND – TAUGHT BY EXPERIENCED RUNNERS, THIS CLASS WILL PREPARE YOU FOR YOUR FIRST RACE OR IMPROVE YOUR PERFORMANCE FOR YOUR NEXT RACE. YOU'LL MEET NEW RUNNING PARTNERS AND INCREASE YOUR RUNNING PERFORMANCE ALL WHILE HAVING FUN. WEAR SAFE RUNNING SHOES AND DRESS IN ACCORDANCE TO WEATHER CONDITIONS. *P/PP/PPP*

YOGA – INCREASE FLEXIBILITY AND STRENGTH WHILE RELAXING YOUR BODY AND MIND; MOVE THROUGH A VARIETY OF POSES USING YOGA FIT TECHNIQUES. IT'S THE PERFECT COMPLIMENT TO ALL EXERCISE ROUTINES. *P/PP/PPP*

ZUMBA – YOU CAN EXPECT HYPNOTIC LATIN RHYTHMS AND EASY-TO-FOLLOW DANCE MOVES WHICH WILL GIVE YOU RESULTS. THE ROUTINES FEATURE INTERVAL TRAINING SESSIONS WHERE FAST AND SLOW RHYTHMS AND RESISTANCE TRAINING ARE COMBINED TO TONE AND SCULPT YOUR BODY WHILE BURNING FAT. *P/PP/PPP* **AQUA ZUMBA** – ENJOY LATIN RHYTHMS WITH THE RESISTANCE OF WATER. *P/PP/PPP*

AQUA AEROBICS – A SHALLOW WATER WORKOUT INCLUDING CALISTHENICS WITH VARIATIONS OF UPPER AND LOWER BODY STRENGTH MOVES. YOU'LL STRENGTHEN YOUR HEART AND BUILD MUSCULAR ENDURANCE AND FLEXIBILITY WITHOUT IMPACT ON YOUR JOINTS. ALL FITNESS LEVELS ARE WELCOME. *P/PP* **AQUA AEROBICS CHALLENGE** - HIGH LEVEL AQUA EXERCISES FOR AN EXTRA CHALLENGE! *P/PP/PPP*

AQUA PILATES – SHALLOW WATER WORKOUT INCORPORATING PILATES EXERCISES BUILDING CORE STRENGTH, FLEXIBILITY AND COORDINATION. A FULL BODY WORKOUT THAT IS SAFE AND EFFECTIVE! *P/PP/PPP*

HYDRO POWER – IF YOU ARE LOOKING FOR FITNESS TRAINING, INJURY PREVENTION, OR JUST TO GET MOVING AND HAVE FUN, HYDRO POWER IS FOR YOU. GET FIT WHILE TONING AND SHAPING YOUR BODY USING THE RESISTANCE OF WATER. JUMP IN! LET'S MAKE SOME WAVES AND TAKE WATER TRAINING TO THE NEXT LEVEL! *P/PP/PPP*