



GROUP TRAINING DESCRIPTIONS

A.B.L. +1: Abs, Butt and Legs! Plus, one more exercise, coach's choice. All the areas you love to hit in a great workout.

BODYWEIGHT BLAST: It has been said that You should not pick up weights until you have mastered your bodyweight! This metabolic strength session will make you stronger and better at moving YOU!

TABATA BOOTCAMP: Drill training at its best! This full body workout targets all major muscle group with cardio and strength exercises, sometimes with just your bodyweight. Each session can be different so arrive early to find out what set up is needed. ***ILAC BOOTCAMP Is for ILAC students only.** High intensity interval timing takes this Bootcamp workout to a whole other level!

BARRE: Ballet inspired training exercises and movements are used to tone and tighten you in all the right spots in this no-impact workout. You will feel taller and your muscles will feel longer.

CARDIO CORE BARRE: CARDIO: Low impact (not low intensity) cardio to increase aerobic ability, **CORE** training to increase stability and strengthen mobility.

DANCEHALL: You've seen it on TV and music videos. Born in Jamaica and influenced by Reggae this dance form is creative, fun, and totally sexy. Join Dominic Haushofer in the studio, leave your inhibitions at the door and learn how let your body move! See the member app for a more detailed description. **Limited Engagement – Class Ends Dec 15/18**

@DIVA DIVERSE! Dance Class or Choreography Class. You can do one or both! DD is a professional dance company teaching world dance (Belly Dance, Hip hop, Freestyle, Bollywood). The dance class is more "follow along and have fun". The Official Choreography session is performance training. Think you would like to audition for Diva Diverse? Auditions will be held at the Rosedale Club. Stay Tuned!

FUSION MOVEMENT: Think: DANCER, PILATES, LONG, LEAN and STRONG! This low-impact session will wake up your core, tighten and tone your abs, and target muscles that will improve your strength endurance, flexibility and alignment — all without using heavy weights. This fun and challenging session will awaken those muscles you didn't know you had. Bring on the burn!

GROUP CYCLING: (45 min, 50, min, 60 min, Music Video Dance 50 min) You will ride in a Technogym Flag Ship studio featuring an interactive display paired with app. mapping technology to keep your workouts on track. Each ride is coach-led by professionals, set to powerful music and designed to make you forget you are working out. Follow the screen, or simply ride like the wind! 45 minutes will feel like 20. **Remember to log into 'MYWELLNESSAPP'**

HIIT THE BARRE: Dancer inspired Barre work alternating with high intensity interval drills.

HIIT THE CORE: Go hardcore. This HIIT session has a heightened focus on movements which target the core muscles that make you move and pump up your six pack, all without doing crunches.

HUSTLE: A fast paced cardio strength circuit sensation. Multi station work out on the perimeter of the room, drill training in the middle. This work out will keep you moving without worrying about the beat!

KICK YOUR ASANA: Have the best of many worlds. HIIT up a yoga pose here and there, but be ready to throw punches, maybe swing a kettle bell, get your heart rate up and FOR SURE work your abs! This is a total body work and is geared towards sculpting you from head to toe.

LUNCH CRUNCH: In a crunch for time but want to get your work out in? This 30-min cardio/strength express workout will cover you from head to toe.

PILATES: A full body strengthening system giving focus to the inner core. Develop flexible strength, muscular endurance, balance, coordination and posture with a strong focus on spinal and pelvic alignment and breathing. Much attention is given to technique and form, not the "burn". Suitable for all levels. Consult your teacher regarding movement limitations upon entering.

POWER PILATES: Up your Pilates game! Your teacher will guide you through demanding sequences on the floor that have you working against gravity and may add resistance options such as free weights, tubing, or bands. Bring your energy! Consult your teacher regarding movement limitations upon entering.

PUMP IT UP - ILAC Students Only. Some drills will be used in this work out to get the calorie burn up and keep the party going but Ultimately, you will PUMP UP every major muscle to get you tightened and toned from head to toe.

ROW AND RIDE: Rowing is one of the only cardiovascular non-weight bearing exercises that attack all the major muscle groups. Combined with cycling and strength drills to make this one of your most efficient workouts ever! Calorie Burn+++

STRETCH: A perfect addition to any Cardiovascular or Strength training workout. Release tight muscles, increase your range of motion and finish your session with a focus on breath and relaxation. (30 Minutes)

STREET DANCE: This 'freestyle dance' has one rule! There are no rules. You might start out with Soca and end up with street style hip hop! The Choreo is always fun and suitable for everyone and will put a smile on your face. Be ready to let go and have a blast!

T N T: Treadmill and Train: Powerful timed sets of treadmill running intermixed with elements of core work and strength training. The calorie burn +++. Come rested and ready to lean in!! **Now at 8:30 am.**

YOGA FLOW: Hatha Yoga Flow incorporates most yoga styles that can accommodate all levels of student. With regular practice, you can expect to notice greater mobility, increase in full body strength, increase self-awareness, a calming in the nervous system, and a more rested breath.

YOGA RHYTHM FLOW: Just like it sounds! Challenging flow set to music. Enjoy!

HEATED YOGA: A vigorous approach to Hatha Yoga performed in a heated room, up to 30*. **Due to the heated room, this session may not be suitable for all participants and a family doctor should be consulted before participating.*

YOGILITY: Think "Yoga", now remove any specific order or postures, Insert a movement practice with a strong emphasis on mobility, stability and agility. This session brings together the mindset of yoga and heightens the experience with an exploration of functional movements that stimulate the brain and nervous system. If you wish to 'feel better about how you move', Yogility is for you.

ZUMBA: It's a Latin dance throw down every time we press play! Dance, shake and groove your way to fitness in a class that feels like a party but delivers the results of an intense workout. Only taught by only certified Zumba teachers and set to music that simply makes you want to move! All you need to do is show up and smile! **Now Thursday at 6:30 PM**

****Never work beyond what you feel capable and confident to do, safely and successfully. Let your teacher know if this is your first time in class.**