

Colonial Fitness Group Exercise Class Descriptions

Les Mills BODYPUMP	The original weight training class that builds strength, tones your body & pushes you to the limit.	45-60 min	Moderate to High Intensity – All levels
Les Mills CORE 30 / 45	Formerly CXWORX - A personal training inspired scientifically based workout that tightens & tones core muscles, improves strength & balance. CORE 45 adds standing strength, glute isolation and a moving stretch to the workout.	30 -45 min	Moderate to High Intensity – All levels
Les Mills BODYCOMBAT	A challenging mix of martial arts & endurance, unleashing strength you never knew you had, tones & shapes	45 - 60 min	High Intensity All levels
Les Mills BODYSTEP	This fast-paced explosive step workout will leave you feeling upbeat & ready for more. Improves cardio fitness, strength & endurance	45-60 min	Moderate to High Intensity – All levels
Les Mills BODYBALANCE	BODYBALANCE (formerly BodyFlow) - Feel strong, long and rejuvenated with a combo of moves from Yoga, Pilates & Tai Chi. Improves flexibility, balance, range of motion, strengthens tones & shapes the entire body.	45-60 min	Moderate Intensity All levels
Les Mills GRIT SERIES	The 30-minute high-intensity interval training workout designed to improve strength and build lean muscle, improve cardiovascular fitness, increase speed and maximize calorie burn. GRIT STRENGTH, ATHLETIC & CARDIO	30 min	High Intensity
Les Mills SPRINT (cycle)	SPRINT- Improve your fitness fast in this class using the bike. High intensity intervals followed by short rest periods designed to elevate your fitness level quickly. Improves Cardiovascular fitness, muscle endurance and more.	30 min.	High Intensity Interval Training
ZUMBA/Zumba Gold	Shake it up with Latin inspired dance moves & music, improves cardio fitness, coordination, tones & shapes. Zumba Gold is a less intense version, suitable for seniors or anyone looking for less intense Zumba fun and flair.	45-60 min	Moderate Intensity All levels
SILVER SNEAKERS CLASSIC, CIRCUIT, CHAIR YOGA YOGA-FLOW W/ CHAIR	Silver Sneakers Classic: Move to the music with a variety of exercises used to increase muscular range of motion for daily living. Hand-held weights, tubing and a ball used for resistance. Chair used for seated and/or standing support. Silver Sneakers Circuit: Increase cardiovascular & muscular endurance with standing circuit workout. Upper body strength work with weights, tubing & balls alternated with low impact cardiovascular training. YOGA-FLOW W/CHAIR: Move your entire body through a complete series of standing and seated yoga poses. Chair support is offered to assist with stability as you perform a variety of standing and seated exercises designed to increase core strength, flexibility, and balance through a wide range of movement. The exercise ball is often used to add variety to the exercises. A Tai-Chi style warm-up begins the class, while restorative stretching, breathing exercises and seated relaxation round out this stress-releasing mind-body experience.	45 min 55 min	Low to Moderate Intensity All levels
Cycling	Freestyle Cycling is a Cardio workout using the bike to energizing music designed to mimic the fun & excitement of road rides. Improves cardio fitness, shapes & tones lower body. All levels.	45 & 60 min	Moderate to High Intensity
Step Freestyle	Step Freestyle: Instructor-created, fun & easy-to-follow traditional cardiovascular step training. Improves cardio fitness, shapes & tones lower body. This class ends with strength and flexibility training to wrap up the workout.	60 min	Moderate to High Intensity All levels
Pilates	Traditional Mat Pilates workout designed to improve core strength & stabilization, flexibility & joint range of motion.	60 min	Low Intensity All levels
Freestyle Kickboxing	Boxing and Karate concepts combined with punch/kick combinations which are performed ON OR OFF the bag. Improves cardio fitness, strength & endurance.	45 min	High Intensity All levels
Fitness Fusion/ Fitness Fusion Lite	FF = 30-40 minutes of low impact cardiovascular training followed or mixed with strength, balance & flexibility training. Adaptable to all levels of fitness. FFL = A 45-minute lower intensity Fitness Fusion class designed for people of all ages, including those beginning their fitness journey and/or those who are looking for a lower intensity, easy-to-follow workout.	60 min 45 min	Moderate Intensity Low to Moderate Intensity All levels
Fat Burner	GREAT VARIETY in this low impact cardio class utilizing light weights, optional. This class incorporates some toning and balance, is medium to high intensity, and is suitable for all fitness levels.	45 min	Moderate to High Intensity All levels