

COLONIAL FITNESS
Group Fitness Class Descriptions

Les Mills BODYPUMP	The original weight training class that builds strength, tones your body & pushes you to the limit.	60 min	Moderate to High Intensity – All levels
Les Mills BODYPUMP/CX	The ultimate challenge of strength, power and endurance. 30 minutes of BODYPUMP followed by 30 minutes of CXWORX	60 min	Moderate to High Intensity – All levels
Les Mills CXWORX	A personal training inspired scientifically based workout that tightens & tones core muscles, improves strength & balance	30 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	55 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	55 min	Moderate to High Intensity – All levels
Les Mills BODYFLOW	Feel relaxed & renewed with a combo of moves from Tai Chi, Pilates & Yoga. Improves flexibility & range of motion, tones & shapes	60 min	Low 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.	30 min	High Intensity
LES MILLS BARRE	The 30-minute ballet-inspired workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday. Les Mills BARRE is a combination of cardio and strength with high reps of small range-of-motion movements with very light weights.	30 min	Moderate to High Intensity All levels
ZUMBA	Shake it up with Latin inspired dance moves & music, improves cardio fitness, coordination, tones & shapes	60/40 min	Moderate Intensity All levels
SILVER SNEAKERS	<i>SilverSneakers Classic:</i> 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. <i>SilverSneakers Circuit:</i> Increase cardiovascular & muscular endurance with standing circuit workout. Upper body strength work with weights, tubing & balls alternated with low impact aerobic training. <i>SilverSneakers/Senior Yoga:</i> Move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of seated & standing postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises/final relaxation will promote stress reduction & mental clarity.	45 min	Low Intensity All levels
Studio Cycling	Cardio workout to energizing music designed to mimic the fun & excitement of road rides. Improves cardio fitness, shapes & tones lower body. All levels. HIIT the Bike: HIIT the road hard and fast in this class. High intensity intervals followed by short rest periods designed to elevate your fitness level quickly.	30, 45 & 60 min	Moderate to High Intensity
Step Basics/ 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
TKO	Boxing and Karate concepts combined with punch/kick combinations which can be performed <i>on or off</i> the bag. Gloves are mandatory when using the bag for hand & wrist protection. Improves cardio fitness, strength & endurance. <i>TKO-N-MORE:</i> Get it all! Upper/lower body & core strength combined with cardiovascular training.	60 min	High Intensity All levels
Fitness Fusion	<i>FF</i> = 30-40 minutes of low impact cardiovascular training followed or mixed with strength, balance & flexibility training. Adaptable to all levels of fitness.	60 min	Moderate Intensity
Fitness Fusion Lite	<i>FFL</i> = 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.	45 min	Low to Moderate Intensity All levels
Lean Body Conditioning	Instructor-created intervals of total body strength exercises mixed with cardiovascular training. This workout will get your heart pumping and strengthen your body from top to bottom and inside to outside.	55 min	Moderate to High Intensity All levels