

## Group Fitness Classes Offered

**\*All classes are a drop-in format and do not require registration. Classes are subject to change.**

**To view the daily schedule, visit our website: [www.endurancefitnessofmn.com/schedule](http://www.endurancefitnessofmn.com/schedule)**

**BodyAttack®** is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 555 calories\*\* and leaving you with a sense of achievement.

**BodyCombat®** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**BodyBalance® (formerly 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.

**BodyPump®** is a revolutionary weighted workout using barbells with a variety of weights that is set to motivational music. You'll strengthen, tone and define every major muscle group. This class is ideal for all fitness levels – you determine how hard you work by choosing the appropriate weights.

**BodyStep®** Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**CardioKick** is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with the fun and challenging workout.

**CardioLite** Non-Impact Cardio/Strength workout that moves to music that will energize you, increase mobility and work on balance. Light weights, bands and balls will tone your muscles and work on flexibility. A chair is always available for support if needed. All fitness levels welcome!

**Core Conditioning** A total body sculpting experience! This format will help improve muscle tone and strength in all the muscles of the body with a focus on the core. A variety of tools may be used including resistance bands, free weights, stability balls, BOSUs, gliders, as well as body weight exercises which are sure to keep the workout fun and results strong! Suitable for all levels.

**Les Mills Core®** is a short, sharp, intense, hugely effective 30-minute workout. It was designed by the LES MILLS™ team with a carefully structured and scientific approach to ensure this unforgiving workout tightens and tones your body, improves your core strength and aids injury prevention.

**Senior Fit** will include low impact exercises to improve your cardiovascular health along with building strength and balance. A variety of equipment will be used. All fitness levels are welcome!

**SilverSneakers Circuit®** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, resistance bands and a SilverSneakers™ ball is alternated with non-impact aerobic choreography.

**SilverSneakers Classic®** focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support

**Tabata/HIIT** This class trains both cardio and strength using timed, high-intensity intervals. It uses a variety of simple, yet intense exercises to push your heart rate to the limit.

**Oula Dance Fitness**® High-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! Oula is Dancemania for the Soul!

**Yin Restore** This is grounding practice will have fewer postures which you will hold for longer periods of time, allowing members to focus on breathing into the connective tissue (fascia) that surrounds the joints of the body. A mindful meditation will close the class.

**Yoga** Build strength and flexibility, reduce stress and tension and increase your overall health, energy and vitality. You'll finish renewed and rejuvenated.

**Yoga Sculpt** Reduce stress, tension and increase your overall health, energy and vitality using yoga postures and hand weights. This class will focus on strength, balance and core work. Appropriate class for beginners to group fitness.