

LES MILLS **BODYATTACK** (Live or Virtual)

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS **BODYBALANCE** (Live or Virtual)

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS **BODYCOMBAT** (Live or Virtual)

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS **BODYPUMP** (Live or Virtual)

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS **BODYSTEP** (Live)

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

CardioKick (Live)

CardioKick 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 (Live)

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 increase flexibility.

Chair Yoga (Live)

Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

Core Conditioning (Live)

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. Suitable for all levels.

HIIT (Live)

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.

LES MILLS **CORE** (Live or Virtual)

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

Mat Pilates (Live)

Pilates is a practice focused on improving coordination, strength, balance, and posture through a targeted series of full-body exercises. In Mat Pilates, take it back to where it began with flowing exercises completed on a mat, using your body weight as resistance.

OULA (Live)

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!

LES MILLS **RPM** (Live or Virtual)

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

Silver Sneakers (Live)

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 (Live)

Tabata is a style of high-intensity interval training (HIIT) that involves 20 seconds of exercise at your maximum effort, followed by 10 seconds of rest, for a certain number of rounds. You choose the level that works best for you!

LES MILLS **barre** (Virtual)

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS **BODYBALANCE** | TUTORIAL (Virtual)

This 20-minute introductory tutorial is the perfect first step on your BODYBALANCE journey.

LES MILLS **BODYCOMBAT** | TUTORIAL (Virtual)

This 25-minute introductory tutorial is the perfect first step on your BODYCOMBAT journey.

BORN TO MOVE (Virtual)

Children will develop self-awareness, balance, coordination and concentration skills as they interpret music, explore and move to a beat.

LES MILLS **GRIT** | ATHLETIC (Virtual)

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS **GRIT** | CARDIO (Virtual)

High-intensity interval training that improves cardiovascular fitness.

LES MILLS **SHBAM** (Virtual)

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS **THE TRIP** (Virtual)

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Yoga (Live)

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

Yoga Sculpt (Live)

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.

Zumba (Live)

Zumba is a Latin-inspired dance workout that is primarily an aerobic workout – and it's all about having fun. This dance workout – which looks and sounds more like a dance party – remains a popular go-to for fitness-minded folks around the world.

We offer Live Group Fitness Classes and Virtual Options.

On the schedule indicates virtual class in the Cattail Room.



THE ROOKERY
ACTIVITY CENTER
ENDURANCE
FITNESS OF MN

CLASS DESCRIPTIONS

LET THE GROUP MOTIVATE YOU!

Why try Group Fitness?

Whether you are starting out in your fitness journey or a seasoned athlete, everyone can benefit from group fitness. With certified instructors, leading science backed workouts, you will feel challenged and motivated.

With scheduled classes in a group setting, you may find it easier to start a fitness routine and stick with it! Accountability is a top factor for many of our members who attend group fitness.

We have something for everyone! Each class is designed to challenge every level of fitness. You do not have to be a seasoned athlete to try a class. Instructors will give you options and you choose how intense you want to go.

You will make friends! Let the energy of the group motivate you.

FITNESS WITH FLEX APPEAL

Experience group fitness in a new way! With our new immersive studio experience, you will get a world-class workout, when it fits your schedule!

Our virtual studio creates a cinematic experience with a large projection screen, top of the line stereo equipment, and studio lighting.

Virtual Classes are often less busy than instructor-led classes and run throughout the day. Virtual options are perfect for those who need more flexibility in their workout routine.

These classes are also perfect for our members who are new to group fitness. With a virtual workout, members can try a class to get familiar before jumping into Live Classes!

CLASS SCHEDULES

