

LES MILLS BODYFLOW

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. BODYFLOW brings mind and body into perfect harmony.

LES MILLS BODYCOMBAT

BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner.

LES MILLS BODYPUMP

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles.

LES MILLS CXWORX

CXWORX™ is the intensely challenging 30 minute core workout that gets you results where it counts the most.

LES MILLS RPM

Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

Aqua Intervals

A great blend of cardio and muscle conditioning. Aquatic barbells used for strengthening.

Aqua Yoga

A moderate practice combining cardio conditioning, strength training, aquatic pilates and aquatic yoga.

Aquatic Yoga

A gentle practice in shallow and deep water with emphasis on flexibility and strength.

Barre Conditioning

Forge a dancer's physique in this total-body workout that combines simple ballet-inspired movements with Pilates and core-conditioning exercises.

Boogie Bootcamp

A high energy workout with great music. Aerobic training plus resistance exercise to build endurance and strength.

Cardio Cross Training

A high-intensity workout featuring heart-pounding conditioning and power moves. Through interval training, agility drills and plyometric exercises, participants build lean and strong bodies.

Cycling

You will use a stationary bike and ride with music that motivates!

Knockout Strength & Conditioning

This circuit-style workout combines traditional boxing moves with plyometric and body weight exercises to develop cardiovascular fitness, balance, strength and Coordination. It's a surefire way to become a knockout!

HI-LOW H2O

Water exercise using shallow and deep water for muscle and cardio conditioning.

Hatha Yoga

Focuses on stretching to create stability, strength and balance in yoga postures, as well as a focus on breathing techniques to encourage peace of mind and body.

Pilates

Designed to strengthen your core muscles and produce overall balance and flexibility. Proper breathing techniques and muscle control are practiced.

Self Directed

Basic water exercise workouts are available for members to use. (No instructor)

SilverSneaker Classic

Seniors - Silver Sneakers® - Total body conditioning designed to increase muscular strength, range of motion, balance, agility and coordination. A chair is available for members who prefer seated or standing support.

SilverStretch

Seniors—Silver Sneakers®. Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance and range of motion.

Silver Splash

Water exercise to improve balance, flexibility and endurance. Uses equipment to enhance workout.

Total Body Conditioning

This total body workout targets muscles from head to toe to build strength and endurance while improving flexibility. Light weights such as dumbbells or kettlebells are used to shape and tone while improving body alignment and posture.

Yoga

Our yoga classes introduce increased movement and breath connection to basic yoga postures. Focus is on alignment techniques, as well as connection to your breathing and relaxation and meditation skills.

Zumba

Hi/Lo cardio workout done to a fusion of Latin and international music using a mixture of body sculpture movements with easy to follow dance step.

WTSC GroupX Winter 2019



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