



# GROUP EXERCISE CLASS DESCRIPTIONS

LEXINGTON ATHLETIC CLUB

**AB Express:** In just 20 minutes get a great ab workout utilizing medicine balls, the BOSU and stability balls. Don't dread ab-work, make it fun! The perfect class to attend before or after your cardio workout!

**AQUA ZUMBA:** A fun filled 45 minute water exercise class integrating the Zumba formula and philosophy blended with traditional aqua fitness disciplines, into a safe, challenging, workout that is cardio-conditioning, body-toning and most of all, exhilarating beyond belief!

**AQUA-FIT:** A 45 minute water aerobic interval class that will challenge you aerobically while toning and strengthening your muscles. A great workout full of basic exercises designed to take advantage of the therapeutic benefits that water provides.

**BOOT CAMP:** Total body conditioning in a fun format. This fast paced class combines basic calisthenics and athletic movements with a focus on strength, agility and endurance. Whether you keep up with the instructor or go at your own pace, this class will BURN some serious calories!

**CHAOS:** This class takes the best moves from Boot Camp and combines it with the cardio of Spinning for a total body workout without equal. For even more results, consider taking both the Tuesday and Thursday Chaos class-- they are designed to be synergistic and complimentary to each other.

**C S I : CYCLE & STRENGTH INTERVALS:** This highly motivating class is the perfect combination of strength training and cycling! Led by a dynamic instructor this fast-paced class combines intense intervals of calisthenics, spinning, and barbell moves for a complete total body workout!

**FIT-Rx::** This class is the "Fitness Prescription" for those of you 55 and up. Engage in a powerful and fun workout that provides low impact, medium intensity cardio training, along with agility, mobility and flexibility, plus muscular endurance work --all perfectly designed for active adults. Approximately 20 minutes on each component.

**GROUP POWER:** This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power. (New Group Power classes are developed every three months to create great variety for participants.)

**KICK-FIT:** An intense cardio and strength class that incorporates movements derived from boxing, tae kwon do, and karate. Focus is on kicks and punches that provide a dynamic, energetic, heart-pumping workout.

**Pilates:** Based on the work of Joseph Pilates, Pilates is a great core strengthening class that will improve your posture and help prevent muscular imbalances. Magic circles, bands, and Pilates mini-balls may be used for variety.

**Spinning:** This class resembles a real bike ride outdoors, simulating trails, hill climbing, and open roads, using varied resistance and cycling techniques. This class is appropriate for all fitness levels that want to add variety to their fitness regime with less impact to the joints.

**Spin Express:** Crunched for time? Try this shortened spinning class that's jam packed with sprints and climbs...beat the clock but not the challenge!

**Spin & Run:** An interval workout in the spinning studio and on the track. This workout is not for the faint of heart! Challenging for all skill levels!

**Step:** The choreography is simple but the workout is challenging. You determine how hard the workout is by deciding what level you feel like that day. The instructor will show you three different intensity levels while keeping the step pattern basic and easy to follow.

**SWIM-Fit:** Lap Swimming class that will give you a great workout while also improving your stroke technique. Workouts are scaled for the entry level swimmer up to an advanced level.

**Yoga FLOW:** Increase your mind, body, and spirit through a sequence of yoga poses that flow from one to another incorporating breathing throughout the movement patterns. Great for developing breath and body awareness as well as strength and energy. Level- Beginner - Intermediate.

**Yoga 101:** New to Yoga? Do you want more practice with the basic poses? Then this class is for you. Level- Beginner - Intermediate.

**Yoga Intermediate:** This class explores different yoga paths with advanced variations, while keeping an emphasis on strength, flexibility, and balance.

**Yoga Sculpt:** A unique and challenging style of yoga which introduces the option of hand weights to add strength and depth to a normal vinyasa practice.

**X-FACTOR:** Similar to our Chaos class, this class combines the best of Karen's Boot Camp and Spinning classes into one!

**ZUMBA:** This high-energy and motivating class is a combination of Latin Dance, traditional body sculpting and aerobic intervals. This class is fun, effective and easy to learn...you'll leave HAPPY!

## Letter from the Director:

On behalf of the Group Exercise department I would like to welcome you to the Lexington Athletic Club. You will always be greeted by friendly and motivating certified instructors - (who love their job) - who will give you the personal attention in a group setting that you will need to succeed.

Our class schedule is filled with cardio, strength and spinning classes as well as aqua, pilates and yoga classes. We make it easy to see results as you cross-train and improve your overall fitness level.

Please take a few moments to look at the schedule of classes we are offering and don't hesitate to join in. If you have any questions at all, please let me or your instructor know and we would be happy to assist you.

Thanks again,

**Meredith Clark**  
Group Exercise Director  
Lexington Athletic Club  
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