



# GROUP CLASSES

- » **Barre/Heated Barre** - Barre combines ballet inspired moves with elements of Pilates, yoga and strength training. This class will focus on high reps of small range of movements working those intricate muscle groups for a total body burn.
- » **Optimum Burn** - This is our signature high energy, calorie torching HIIT class combining cardio, weights, bands and core exercises.
- » **Heated Power Yoga** - A dynamic mix of flow sequences and poses in a heated room to loosen muscles, sweat out toxins, build strength and increase flexibility.
- » **Booty N Core** - Target these specific muscle groups that are usually ignored. You will work on building your glutes and strengthening your core while increasing athletic performance.
- » **Groove N Tone** - This is an aerobic workout focused on endurance and toning while having fun, breaking a sweat and moving to the music.
- » **Mat Pilates** - A challenging total-body workout inspired by traditional Pilates techniques working breath, alignment of spine, core strength and developing balanced muscles.
- » **StepBox Blast** - This high energy class combines step aerobics, kickboxing and strength training for a full body workout.

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## Premiere Classes\*additional rates apply

- » **Adult Performance** - This class is allows you to step inside the sports performance center, which creates a high intensity competitive atmosphere. Unlock your inner athlete and train with a certified performance coach who will push you to your limits through strength training and cardio sessions.
- » **Cycle** - Escape the everyday grind with this party on a bike workout. We are offering power and beat rides in a state-of-the-art studio featuring high energy music and lights. Set your goals and track them through personal data tracking. Take your ride to the next level with us!

**All classes, with the exception of premiere classes, are included with your OPS membership! Classes subject to change.**

Visit [Optimumperformancesports.com](https://Optimumperformancesports.com) for full schedule and details.  
For questions, contact our Fitness Manager at [Jill\\_Health1@lhn.net](mailto:Jill_Health1@lhn.net)