

GROUP FITNESS CLASSES

- » **Optimum Burn** - This is our signature high energy, calorie torching HIIT class combining cardio, weights, bands and core exercises.
- » **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.
- » **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.
- » **Heated Yogalates** - Yogalates combines yoga with the core strengthening benefits of Pilates. In this heated style class - expect to focus on core stabilizing and full body strength.
- » **Yoga Flow** - This style of yoga will focus on transitions and movements with less time in stationary poses. It is an ideal class for functional recovery or another layer of vitality to any athlete's performance and discipline.
- » **Burn N Flow** - Burn N Flow is upping the yoga flow game with an element of toning. Core, cardio, props to add strength and focus to a flow yoga class. Burn it, flow it, relax it.
- » **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.
- » **Group Fight** - Group Fight is an explosive MMA cardio and strength workout. This 55 min class burns a ton of calories with the hottest mixed martial arts movements that will have you hooked. FIGHT for it!
- » **Group Blast** - Group Blast is an energetic cardio workout using the STEP to train fitness, agility, coordination and strength. With awesome music and the group experience you will get your heart pounding and the sweat pouring.
- » **Burn N Tone** - This class is focused on light weight toning and strengthening, getting you in the fat burning zone. Music based and modifications suitable for all fitness levels.
- » **Mat Pilates** - A challenging total-body workout inspired by traditional Pilates techniques working breath, alignment of spine, core strength and developing balanced muscles.
- » **HIIT Strength** - This 60 min workout is 70% strength and 30% cardio based around High Intensity Interval Training. This class will build strength and muscle and leave you feeling the BURN!
- » **HIIT Sweat** - This 60 min High Intensity Interval Training workout is 70% cardio and 30% strength and is for anyone seeking a well-balanced workout. It will focus on stamina and strength and will get your heart pumping!
- » **Incline Trainer Bootcamp Express** - Join us in the performance room for this total body bootcamp express. We will utilize the incline trainers to walk or run for short timed intervals then circuit with weights and plyometrics.
- » **Piloxing** - This high energy interval class combines boxing combinations, standing pilates and a little bit of dance to get you sweating and burning calories. This is a preferred barefoot method but shoes can be worn.
- » **Beginner Yoga and Meditation** - This class promotes relaxation and offers powerful healing properties. It will be a mix of Qi Gong and Yoga Nidra. All levels welcome.
- » **Express Booty Lift** - This class will focus on glute and hamstring activation. Strengthen, sculpt, lift and tone your backside because maintaining a strong backside has MORE than just esthetic benefits! Feel the burn in this quick 30 minute express class.

FOR A FULL CLASS SCHEDULE VISIT OPTIMUMPERFORMANCESPORTS.COM

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PREMIER CLASSES

» **Adult Performance** - This class allows you to step inside the sports performance center. Unlock your inner athlete and train with a certified performance coach who will push you to your limits through strength training and cardio sessions.

Adult Performance Daily Schedule

Monday - Friday

6:00am

7:30am

8:30am

9:30am

4:30pm

5:30pm (No Fridays)

Saturday - 8:30am

» **Cycle** - We offer power, beats, and a power/beats combo rides in a state-of-the-art studio featuring high energy music and lights. Every ride and every instructor is different! Set your goals and track them through personal data tracking. Take your ride to the next level with us!

CYCLE BEATS - Are you ready to party? Cycle Beats45 is our rhythmic cycling class that uses a killer music playlist to motivate, inspire, and challenge you. Build cardio strength, power, and endurance to the beat of playlists that will have you feeling better than when you walked in. **We offer a Throwback Beats themed class on Fridays and a Latin Beats class on Saturday mornings!**

CYCLE POWER - 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!

CYCLE POWER/BEATS COMBO - We are mixing our premier cycling classes into ONE! This ride will give you a mix of Power and Beats for an awesome ride. Challenge yourself with hills, sprints, climbs and also work to the beat of the music.

CYCLE CLASSIC RIDE - This 45 minute classic ride will focus on endurance, strength, intervals, high intensity and recovery while rocking out to an awesome playlist.

CYCLE BURN FUSION - This class starts with 30 minutes on the bike and then we take it to a mat with weights to get that full body BURN!

If you are interested in adding the premier class package to you membership please stop by the front desk or email Lauren_Becker@lhn.net

