

# CLASS OFFERINGS 2010

## Below the Belt 🏋️

Want to help firm up your core, the most important set of muscles in your body? Crunch, clinch, and squeeze your way to a tighter bottom and flatter abs in this core and lower body resistance training session. Mat work along with body weight will be used to give you the best workout possible. Wrap up your lower body workout with core strengthening exercises.

## Cycling CS

Cycle your way to fitness while listening to heart pumping, leg-spinning music and the motivational guidance of an expert instructor! Rides will spin through 30 to 60 minutes of intervals between jumps, climbs, and isolations. A moderate to intense cardiovascular workout fit for all levels. It's intense...it's a blast...and it's POP-U-LAR! **Call ahead to reserve a spot (call in the morning the day of class)**

## Cycle/Circuit CS

A series of 8-10 minute cycling / weight training intervals geared to target "The Burn." **Call ahead to reserve a spot (call in the morning the day of class)**

## Express Step ❤️

This thirty-minute step class fits perfectly into your lunch hour. Join us for a low-impact cardio class that will keep you burning calories long after you finish.

## Kickboxing ❤️

With plenty of high energy kicks, punches and jabs, you'll transform yourself into a bold fitness boxer in no time at all. Kick and punch your way into a healthier heart and a slimmer body with this unique and exciting class.

Guaranteed to give you a great workout and increase your overall level of fitness.

## 30/20/10 CS 🌟

Want the whole shebang in an hour tops? Can't decide on what to do? 30/20/10 is the class for you! Come get your 30 minutes of cardio, 20 minutes of resistance, and 10 minutes of stretching. The exciting 30 minute cardio blast alternates each week between kickboxing, step, basic aerobics, and obstacle courses. The 20 minute tone-up will sculpt and tighten all muscle groups with special emphasis on the core. Clear your mind for a yoga-inspired, soothing 10 minute cool-down. All fitness levels welcome.]

## Power Pump 🏋️

You don't need to be Hulk Hogan to want to tone and strengthen your muscles. This class is great for people with all levels of experience looking to tone all parts of the body. Challenge your major muscle groups with exercises like squats, presses, lifts and curls using plate-loaded bars. Choose your own weight and get started toning and conditioning your muscles while building strength and confidence.

## Senior Circuit, Senior Espresso & Senior Water Aerobics 🏋️ ❤️

Get Fit and Stay Active! We are proud of our amazing seniors here at LAC. These senior classes are well designed to fit all senior fitness levels. Come take a class that will get your heart pumping, increase strength and make some new friends in the process.

## Step it Up! ❤️

It's always healthier to use the stairs instead of the elevator, so why not try out our unique angle on taking the stairs. Alternating combinations of intermediate to advanced step patterns are sure to shake up your workouts and keep you begging for more. This workout is for all levels of fitness looking to feel the burn and shape their legs.

## Water BURN ❤️

Looking for a nice, low-tempo aquatic workout? This ultra intense workout requires a hardcore appetite for hard work. You don't have to be an expert swimmer, but you will give your best effort.

### Use these symbols to find a class that fits you



#### Cardio

Improves cardiovascular fitness



#### Strength

Improves muscular strength and endurance



#### Cardio Sculpting

Improves cardio fitness while increasing muscular strength and endurance



#### Mind & Body

Improves flexibility and muscular strength