

GROUP FITNESS CLASS DESCRIPTIONS

ABS/WEIGHT TRAINING CLASSES

CHISEL – Create a leaner, stronger body in this easy-to-follow muscular conditioning format. You will sculpt and tone your muscles using weights, BodyBars, barbells, tubing and other resistance equipment.

FLEX & STRETCH – Please come already warmed up. Relax with 25 minutes of pure stretching and lengthening of your muscles.

HARD “CORE” ABS – A CORE intensive workout focusing on exercises targeting your abs and back, and everything in between!

ROCK BOTTOM – A CORE intensive workout focusing on exercises targeting your abs and back, and everything in between! Functional movements using BOSU Balance Trainers, Gliding Discs, Stability Balls, and body weight to make you strong from the inside out.

TOP IT OFF – Tighten up your entire upper body with this quick fix, effective workout.

CARDIO CLASSES

CARDIO KICKBOX – Easy-to-follow moves inspired by boxing, martial arts and dance, taught to music that will make you unleash your energy.

CARDIO BLAST – BOSU, Step and/or Hi/Low Floor: a real cardio challenge. No challenging choreography and combos — just get to business. Straight forward and fun!!

CYCLING – Join us for a cardiovascular journey guided by our highly trained instructors’ motivational coaching. All fitness levels are welcome, a perfect class to take at your own pace. Please arrive early if you need assistance with setting up your bike.

DRILL BITS – Never underestimate what you can accomplish in 30 minutes with an intense interval DRILL based workout using our new BITS of equipment.

NORDIC WALKING – Designed to get you outside of the club and enjoying the scenery while increasing fitness. Using specifically designed poles to engage the upper body you will increase your caloric expenditure by up to 40% while easing impact on your joints. Meet outside of the Pilates room prepared to go outside. Poles are provided and space is limited.

TREAD & SHED – Whether you are a runner or a walker, increase your cardiovascular capacity using hill work, speed work and interval drills. No experience with running is necessary.

ZUMBA – ZUMBA is a dynamic cardio class that will both sculpt & tone the body with a fun, party-like atmosphere. Full of Latin and World music flavors, combined with basic dance steps, the Zumba routine features fitness interval training with a combination of fast and slow rhythms to target the muscles and the heart.

COMBO CARDIO/WEIGHT CLASSES

ATHLETIC INTERVALS – Whether you are an athlete or not, this class will get you moving and feeling like one! Challenge your strength and endurance with a combo of cardio and strength intervals utilizing a variety of fitness equipment.

ATHLETIC CORE – Enhance the power of every movement by keeping your core strength integrated with your upper and lower body strength. Join us for fifty five minutes of invigorating core conditioning movements. Most exercises are performed with a neutral spine which protects the spine while strengthening the spine!

BodyVIVE™ – BodyVIVE is a fabulous class, fizzing with energy designed for exercisers of all shapes, sizes and ability levels. Using small exercise balls, tubing and body weight, experience a 55-minute class that targets cardiorespiratory fitness, functional strength training and balance alongside flexibility & mobility.

CARDIOSCULPT – The best of both worlds! CardioSculpt is designed to burn fat, strengthen and tone your muscles and get your heart pumping! This class utilizes resistance training equipment including weights, tubes, and dumbbells combined with cardio drills on either the step or the BOSU Balance Trainer.

ULTIMATE CONDITIONING – An all around full-body challenge. Anything goes—use steps, BOSU Balance Trainers, stairs, bars...you name it! Cardio and muscle conditioning drills that you can master so you see CHANGES in your physique, power, endurance and agility.

WATER FITNESS

BEGINNING SWIMMING WORKOUT – Learn how to do a swimming workout, truly geared toward adult beginners (young adults 14 and over are welcome).

FLUID FORCE – Using a wide variety of equipment, nonstop drills are sequenced together to improve body awareness and strength from head to toe. Learn to use the water’s unique properties to train coordination while enhancing muscular strength and endurance!

HYDRO POWER – is a jam packed water workout that fuses cardio drills to improve cardiorespiratory endurance, conditioning exercises to strengthen the muscles and stretching to enhance flexibility. Be prepared for intervals of running and water drills mixed with toning exercises utilizing buoys, noodles, bands and more.

MASTERS SWIM – Masters is an age group 18+, not an ability level. The Masters program is geared for those adults who want to get the maximum out of their swim time. Class focuses on stroke efficiency and kick development.

WARM WATER TRAINING – This class is for all levels of fitness! With the use of buoyancy cuffs for the ankles and wrists, we can create a resistance-based environment for movement without the load and impact on the joints. Warm water training is perfect for the arthritic population as well as those who are recovering or struggling with injuries. This class is taught by a post-rehabilitation specialist with 25 years of experience.

WATER WARRIOR WORKOUT – Looking for a workout that is intense, but accommodating to injuries or less stressful to the body? Join us in the lap pool for a high intensity, high energy class in the deep water that is PERFECT for anyone interested in a cross training workout that is easy on the joints. With the use of a flotation device, you will be able to easily incorporate interval training in a suspended environment.

WATER WORKS – Solid cardio with emphasis on arms, butts, thighs and abs! Using all the toys in the toolbox, from cuffs to buoys to bands and balls. Get your heart rate up and tone the tough spots.

XTREME HYDRO POWER – If you never pictured a water workout being beneficial for increased athletic performance, it’s time to think again. Added to class are sprints, jumps and other plyometric work. Sneak in a few strength drills that make the most of the water’s resistive properties; you’ll be surprised how different it feels!

MBT BALANCE CHALLENGE – An hour class in MBT physiological footwear activating stability and core muscles through balance, so you can recover from or prevent injury and stay active. Footwear is provided — first come, first served!

MIND / BODY FITNESS

NIA – A barefoot mind-body fitness program blending dance with martial arts and yoga.

SOLE CONTROL – A barefoot, low impact workout blending athletic dance, pilates, yoga and fitness. Designed to strengthen, challenge balance and improve flexibility.

TAI CHI – Join Tai Chi master, Larry Kishiyama, to learn postures that strengthen your body, sharpen your mind and free your spirit.

YOGA SCULPT – Enhance your core and increase flexibility by combining Yoga and functional movement with props. Improve your posture, flexibility, muscle strength and physical awareness of the entire body.

PILATES

PILATES MAT ☺ – A great class for anyone with limiting injuries, special concerns or pre/post natal. The focus will be on breathing, pelvic floor and core strengthening, postural alignment and overall body conditioning with and without props. Pre/post Natal participants, please obtain medical clearance prior to joining the class.

PILATES MAT – Increase your energy level, muscle tone and flexibility while improving posture. Learn to connect the mind and the body in this class. The basic Pilates exercises emphasize specific breathing techniques and precise muscle control to develop your body’s core.

PILATES WITH PROPS – A unique, functional approach to Pilates Mat that challenges your body to the core! Incorporates the usual focus on core strength including unique equipment designed to enhance your Pilates experience: Pilates Circles, Mini Body Bars, Gliding Discs, Tubing, and more.

PILATES ON THE BALL – Adding the ball to mat class increases your mind/body awareness, core strength, balance and flexibility as you perform the work on an unstable base of support. Because of this instability, the class is challenging, but fun.

YOGA

FAMILY YOGA – Come and enjoy a fun hour of yoga for the whole family (kids, ages 5-13)! Class will include interactive games with yoga postures and ways to focus and use the breath. Parents/caregivers are encouraged to attend.

GENTLE YOGA – More focus on relaxation and strength training Modifications are used to accommodate and protect the pre and postnatal exerciser or anyone with limiting injuries or special concerns.

YOGA FLOW – Incorporating a variety of Yoga styles, enjoy seamlessly moving from one pose to another improving endurance. A dynamic use of asanas (postures) will create fluidity in the body and the mind, at the same time increasing range of motion and muscular strength.

YOGA FOR FLEXIBILITY – Join us for a gentle yoga class where the focus is on sequencing postures designed to decrease tension. Simultaneously, increase the elasticity of the muscles and deepen your individual range of motion. A user friendly Yoga practice that is suited for all participants, regardless of yoga experience.

POWER YOGA – This disciplined approach to physical conditioning and mind/body integration will incorporate breath work and meditation mixed with invigorating postures that will improve strength and stamina leaving you stronger after each practice.

YOGA: STRENGTH & STABILITY – An opportunity to explore yoga postures more in depth with emphasis on proper alignment. Create strength along with stability throughout the entire body with a wide variety of poses.

Private or Semi-Private Yoga – Our highly trained yoga staff is available for private, semi-private or small group training sessions. Sessions are designed to meet the needs of the individual or small group and are perfect for all level of yoga students. Reservations and additional payment are required.

PILATES EQUIPMENT TRAINING

Join our highly certified instructors in Lakeshore’s state of the art Pilates Studio to increase functionality, stability and strength from the inside out. Lakeshore offers many options including private, semi-private and group settings for targeting your core. Set up a complimentary quick start and unlock the Pilates secret!!

Day/Time	Class	Instructor
MONDAY 8:30 am 10:00 am 1:00 pm	REFORMER REFORMER REFORMER	Carolyne Tracy Taylor
TUESDAY 9:00 am 10:00 am 11:15 am 5:15 pm	REFORMER REFORMER REFORMER REFORMER	Carolyne Carolyne Carolyne Debbie
THURSDAY 8:30 am 9:30 am 11:15 am 4:15 pm	REFORMER REFORMER REFORMER REFORMER	Matt Debbie Carolyne Matt
FRIDAY 6:15 am 8:30 am	INT./ADV. REFORMER REFORMER	Matt Taylor
SATURDAY 10:00 - 11:00am	REFORMER	Taylor
SUNDAY 9:30 - 10:30am	REFORMER	Matt

All reformer classes are pre-paid fee based classes due to their progressive nature and/or their semi-private or private setting.



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GROUP FITNESS MENU

SUMMER

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