

## **MJCCA FITNESS**

### **LES MILLS Classes**

#### **BODYBALANCE®**

A new-generation yoga-inspired class that blends elements of Tai Chi, Pilates, and traditional yoga to enhance flexibility, strength, and mindfulness. Set to an inspiring soundtrack, this class helps improve posture, breathing, and relaxation. Options are provided for all levels.

#### **BODYCOMBAT™**

Unleash your inner fighter with this high-energy, martial arts-inspired workout. Combining moves from karate, taekwondo, boxing, muay thai, capoeira, and kung fu, BODYCOMBAT is a non-contact class that builds strength, endurance, and confidence. No experience needed—just bring your best attitude and get ready to sweat!

#### **BODYPUMP™**

The original barbell workout designed to get you lean, toned, and fit—fast. Using light to moderate weights and high repetitions, BODYPUMP delivers a scientifically backed total-body workout. With expert coaching and motivating music, you'll push past limits and see results.

#### **BODYSTEP™**

Step up your fitness with this fun, full-body workout that combines rhythmic stepping with squats, lunges, burpees, and strength exercises. With upbeat music and plenty of options for all levels, BODYSTEP is an energizing class that will leave you feeling strong and accomplished.

#### **RPM™**

An indoor cycling journey led by an inspiring coach, taking you through hills, flats, sprints, and interval training. Get lost in the rhythm, push your limits, and enjoy an epic ride that builds endurance and strength.

### **Cardio & Strength Classes**

#### **Cycle HIIT 60**

Intermediate to Advanced. A powerful total-body workout alternating between 30 minutes of high-intensity cycling drills and 30 minutes of core and functional training. Expect a mix of cardio, strength, and core work for maximum results.

#### **FitLine**

A functional fitness class designed to improve strength, stability, power, and endurance using basic movement patterns like squatting, pulling, and rotating. This circuit-style workout is great for all fitness levels.

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### **FitLine Bootcamp**

Intermediate to Advanced. A high-energy bootcamp-style class focusing on strength, agility, and endurance. Expect a mix of bodyweight exercises, resistance training, and functional movement to challenge and transform your fitness.

### **Power Spin-45**

Intermediate to Advanced. This performance-focused cycling class challenges your endurance, strength, and speed through structured intervals, hill climbs, high-intensity sprints, and active recovery.

### **Spin/Strength/Yoga Fusion**

Experience a full-body workout that blends Spin intervals with strength training and finishes with Yoga for mobility, balance, and relaxation. If you are new to spin, please arrive 10 minutes early for bike set up.

## **Yoga, Pilates & Mind-Body Classes**

### **Mat Pilates**

A core-focused virtual workout designed to build strength, improve posture, and enhance flexibility through precise, controlled movements. This low-impact class targets deep stabilizing muscles, helping to strengthen the core, increase mobility, and improve overall body alignment. Suitable for all levels.

### **Restorative Yoga**

A deeply relaxing class that uses props and gentle poses to calm the nervous system, reduce stress, and promote overall well-being. Perfect for unwinding and recharging.

### **Vinyasa Flow**

A dynamic yoga practice that seamlessly links breath with movement. Combining strength, balance, and mindfulness, this class is perfect for yogis of all levels looking for a heart-pumping yet grounding experience.

### **Yin Yoga**

A slow, meditative practice focused on deep stretching and relaxation. By holding passive floor-based poses for extended periods, Yin Yoga improves flexibility, joint mobility, and circulation while calming the mind.

### **Yoga for Everyone**

A welcoming class designed for all levels, from beginners to experienced yogis. Move through foundational yoga postures, improve flexibility, and build strength in a supportive environment.

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### **Yoga Stretch**

This gentle, slow-paced class is designed to gently move joints through their full range of motion. Stretches are held longer, allowing for deep tissue engagement and relaxation. Modifications will be offered, allowing everyone to participate at their own pace.

### **Dance & Aqua Classes**

#### **Aqua Fit**

A 50-minute water-based workout that combines strength and cardio without the impact. Great for all fitness levels, this class enhances endurance, flexibility, and overall fitness while keeping joints happy.

#### **MixedFit™**

This people-inspired fitness program combines explosive dance movements and body weight toning. For women only.

#### **Zumba®**

Join the fitness party! This dance-based cardio class fuses Latin and international rhythms for an exhilarating, high-energy workout that feels more like a celebration than exercise.

### **Core, Strength & Specialty Classes**

#### **BodyStep/Les Mills CORE Hybrid**

Get the best of both worlds in this 60-minute class - 30 minutes of energizing BodyStep followed by 30 minutes of targeted Les Mills CORE. You'll burn calories, build strength, and improve stability with a fun mix of upbeat step training and powerful core work.

#### **Butts & Guts**

A strength-focused, low-impact training program that builds stability, power, and sculpted muscle through controlled, intentional movement. This class combines functional strength, targeted isolation, and dynamic conditioning to engage the core and posterior chain from every angle. Expect a steady unrushed work-to-recovery flow, ending with essential flexibility training. Ideal for those with sensitive backs.

#### **Stability Core**

A core-focused class incorporating Pilates-inspired movements and stability ball exercises to enhance balance, strength, and flexibility.

### **SilverSneakers® Classes**

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### **SilverSneakers Circuit**

A low-impact class alternating upper body strength exercises with cardiovascular movements to enhance endurance and coordination. A chair and handheld weights or tubing may be used.

### **SilverSneakers Classic**

Designed to improve strength, flexibility, and balance with low-impact exercises. Includes fall prevention drills and endurance training using a chair, handheld weights, or tubing.

### **SilverSneakers Pilates**

A core-focused class that enhances strength, flexibility, and stability through controlled movements based on Pilates principles.

### **SilverSneakers Splash**

A fun, shallow-water class that enhances agility, flexibility, and cardio endurance. No swimming skills required—just enjoy the movement and the water's resistance!

### **SilverSneakers Tai Chi**

A gentle class incorporating modified tai chi movements in a slow, flowing sequence to improve balance, coordination, and mental focus.

### **SilverSneakers Yoga**

Improve balance, flexibility, and range of motion with seated and standing yoga poses. A chair is used to accommodate various fitness levels.