



Select classes can be a quick 5-minute activity break or full 45-minute class

STRETCHING & MINDFULNESS

BODYBALANCE™ +

BODYBALANCE™ is a class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Core and Mobility

Stretch and strengthen the muscles in your lower back, hips, pelvis, and abdomen to give you better balance and stability, in daily activities or athletic performance.

Flex & Flow

Greet the day with balanced strength, postural alignment, flexibility and stronger core muscles. Have fun while improving range of motion and overall functional fitness

Guided Meditation

Meditation is a grounding practice that allows for a heightened state of awareness. Through these guided techniques, you can soothe intense feelings and promote more relaxed sleep.

LES MILLS YOGA – NEW + COMING SOON

This is four-part series designed to elevate you physically and mentally – and leave you feeling calm, centered and renewed. Choose Yin for deep restoration, Hatha for alignment and strength, Vinyasa for energizing flow, or Breath for control, clarity and emotional release.

Seated Desk Yoga

Build strength and flexibility through postures and breathing while seated.

Stretch & Breathe

Stretching and breathing techniques proven to reduce stress in the body.

Workday Stretching

Stretches designed and tailored to help those that are working in manufacturing, retail, truck driving, office and many other jobs. Get a gentle stretching workout while keeping in mind correct posture and reducing stress.

Yoga

GoodLife's multi-level Yoga class will take participants through a number of poses designed to increase flexibility and increase stamina while releasing the mind, leaving you feeling calm and centered. Unwind while learning basic breathing techniques and proper body alignment.



(**) Available In Club Only - Class Requires Equipment. (+) Available in 30- and/or 45-minute classes only



CARDIOVASCULAR ENDURANCE

BODYATTACK™ +

BODYATTACK™ is a high-energy fitness class with moves that cater from beginners to fitness enthusiasts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYCOMBAT™ +

Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

BODYSTEP™ ** +

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™. In a BODYSTEP™ workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

Freestyle Dance

Fun, active dance class to get you moving and grooving. Let loose like no one is watching!

LES MILLS DANCE +

LES MILLS DANCE is a 45-minute high-energy workout that combines innovative dance movements with the latest music to drive energy and motivation. With a focus on movement and technique, LES MILLS DANCE is simple to master and a great option for those who want to improve their dance skills while getting fit or for anyone who loves to dance.

RIDE ** +

GoodLife's indoor freestyle cycling class. This class will increase your cardio and strength while taking you through a series of flat roads, hills, sprints and drills. Low-impact, but high energy, this multi-level class will motivate you through music and moves that will keep you coming back!

RPM™ ** +

With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. RPM™ is a great way to build up your sense of personal achievement, and fitness. You control your own resistance levels and speed so you can build up your fitness level over time.

Zumba

Zumba is a "feel-happy" dance fitness workout that combines high energy Latin flavored music with unique moves and combinations. Zumba is based on the principle that a workout should be "Fun and easy to do" so join the party and check out the new routine!



STRENGTH & CORE

BODYPUMP™ ** +

BODYPUMP™ is a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.

Bootcamp

High-intensity interval training, combining cardio, strength training and athletic conditioning.



CORE Strength

GoodLife's CORE Strength class will challenge your entire core front to back, top to bottom. Sure to ignite a fire in your belly this class will focus on functional movement to improve power, strength and stabilization preparing the body for daily tasks.

Functional Strength

Improve your muscular strength, stamina and flexibility. This training program simulates functional movements from daily life activities.

High Intensity Interval Training (HIIT)

HIIT combines cardio, strength training and athletic conditioning. You'll leave feeling stronger and more confident than ever, while burning calories long after your workout is over.

LES MILLS Strength Development – NEW ** +

Whether new to lifting or a seasoned pro, LES MILLS Strength Development will help you build muscle, improve technique, and grow your confidence to train more powerfully in the studio and on the gym floor.

LES MILLS TONE™ ** +

LES MILLS TONE™ is a mix of cardio, resistance and core. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. LES MILLS TONE™ has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

LES MILLS PILATES™ – NEW +

Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss.

Low Impact Interval Training (LIIT)

Using cardio and muscle-conditioning intervals, this low-impact workout will improve your cardiovascular fitness, core strength and agility. Light hand weights, soup cans or paper weights can be used.

All classes in French subject to instructor availability.

Ask us how we can adapt our class choreography to ensure an inclusive experience for all participants.

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