



POST FALLS PEAK Health & Wellness Center Class Descriptions

A Les Mills Certified Facility



BARRE Above®: Techniques used from Pilates, Ballet, Calisthenics and Yoga. Improve balance, flexibility and cardiovascular endurance using the floor and Barre.



Body Combat: 55 min martial arts class designed to burn cardio using mui tai, kickboxing, taekwondo, and karate all choreographed to music.



Body Flow: 55 min Body & Mind Balance class incorporating traditional yoga, Pilates, tai chi, and meditation.



Body Pump: 55 min weight lifting group class covering all major muscle groups using low weights high repetition.



Body Step: 55 min cardio with high intensity interval training (HIIT) using choreographed moves and exercises on a step with risers and using weight plates for intensity during athletic tracks.



CORE: 30 min core training. Core is defined as trunk area using all stabilizer muscles in abs, back, hips, and glutes to build a strong foundation. We use smart bands and weight plates to build intensity.



GRIT ATHLETIC: 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.



GRIT CARDIO: 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.



GRIT STRENGTH: 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.



RPM: 45 min cycling class using authentic and scientifically proven riding positions and speed to burn major calories. Resistance and tempo (RPMs) increase intensity.



U-JAM: Urban Fitness unites world beats with Urban flavor and takes you on an athletic cardio workout that tones your body.

FEES ~ Members: Free Non-Members: \$128 for sixteen punch card pass, or 1 class \$12.00

Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems

For More Information; Contact Regan Tremayne, Group Fitness Director at 208.773.0601