

# DHF February 2020 Schedule

## Longs Pond



MON TUES WED THURS FRI SAT

### MORNING

5:15a	LES MILLS <b>BODYCOMBAT</b> Amy				LES MILLS <b>BODYCOMBAT</b> Amy	
8:15a	Boot Camp Anna	LES MILLS <b>BODYPUMP</b> Suzanne	STRONG by ZUMBA Suzanne	LES MILLS <b>BODYPUMP</b> Mark	LES MILLS <b>BODYCOMBAT</b> Gabbie	8:00a Boot Camp Anna
9:15a	Tone & Flow Deborah	Boot Camp Anna	ZUMBA Suzanne	Yoga Gabbie	ZUMBA Suzanne	

### AFTERNOON

5:30p	Tone & Flow Deborah	LES MILLS <b>BODYCOMBAT</b> Gabbie	LES MILLS <b>BODYPUMP</b> Gabbie	LES MILLS <b>BODYCOMBAT</b> Gabbie
6:30p	ZUMBA Katie		ZUMBA Kaarina	



# Dynamic Group Fitness Class Descriptions

## Longs Pond



### **Les Mills BODYPUMP**

is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories\*. Instructors will coach you through the moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

### **Zumba**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

### **Yoga**

Vinyasa yoga - the flow of yoga because of the smooth way that the poses run together and is one of the most popular contemporary styles of yoga. Each move is synchronized to the breath. Vinyasa allows for a variety and always includes the sun salutations. You can move from beginner poses or to advanced poses.

### **Dynamic Tone**

Dynamic Tone is a 30-minute class that will encompass all elements of fitness: cardiovascular, muscular conditioning, coordination, and balance. You will have fun listening to popular music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

### **Les Mills Body Combat**

You'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round.

### **STRONG by Zumba**

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

### **Dynamic Flow**

Dynamic Flow is a 30-minute stretch class that will focus on balance, range of motion, and flexibility. Come ready to sweat, and prepare to leave feeling empowered and strong. Choose vitality and live your life to the fullest!

### **Dynamic Boot Camp**

Dynamic Boot Camp is a 45-minute strength and conditioning workout. Boot Camp uses High Intensity Interval Training (HIIT) to maximize results. This workout uses a barbell, weighted plate, body weight exercises, and cardio conditioning movements.