



LOUISVILLE ATHLETIC CLUB

## Westport Class Descriptions

### CARDIO

**GETTING INTO FITNESS:** This class is designed especially for those new to exercise and mature adults. It will cover cardiovascular conditioning, resistance training, and flexibility.

**Tuesday & Thursday 11:00am**

**CARDIO BLAST:** Every day is a different day in this class! Various types of cardio (Hi/Lo, Step, drills, etc.) used to increase stamina, boost metabolism, and burn major calories. Modifications given so all levels are welcome!

**CARDIO KICKBOXING:** Easy to follow kickboxing choreography set to music. This class will elevate the heart rate and challenge muscle.

**Interval H.E.A.T. (High Energy And Toning):** Trying to burn some extra calories? Turn up the HEAT with this class of High Intensity Cardio Intervals & Power Moves.

**POWER HOUR:** This class is designed to give you a full body workout and make you sweat! Power Hour will incorporate various strength training exercises and high intensity cardio to challenge your body and build stamina. Sprinting, squatting and pushups are all possibilities.

**R.I.P.E.D.®:** The One Stop Body Shock! Resistance, Intervals, Power, Plyometrics, Endurance, and Diet/Nutrition. Easy to master, yet effective cardiovascular routine interlaced with weights and resistance.

**SILVERSNEAKERS® Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Thursday 12:15pm (held in the group fitness room)**

**STEP:** Varied choreography, power, and strength moves make this a great cardiovascular workout! Many variations will be demonstrated.

**ZUMBA!®:** One of the fastest-growing dance-based fitness crazes in the country! Inspired by traditional cumbia, salsa, samba, and meringue music, Zumba!® features easy-to-follow dance moves and body-beautifying benefits. **Mon & Wed 10:30am, Sat 11am**

**ZUMBA! TONE®:** Combines targeted body-sculpting exercises and high energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. A perfect way to sculpt your body naturally while having a blast! **Mon & Wed 7:45pm**

### RESISTANCE TRAINING

**SILVERSNEAKERS® CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Tuesday 12:15pm & Friday 11:00am (held in the group fitness room)**

**BARRE WORKS:** Create a long, lean, and sculpted body at the barre by using intervals with isometrics to carve muscle followed by deep stretches to elongate the body.

**Tuesday & Thursday 10:00am & 7:00pm, Saturday 8:45am**

**GROUP POWER®:** This class uses barbells and free weights to target every major muscle group in a specifically choreographed routine. Muscle endurance and strength training are the key focus. Appropriate for all fitness levels.

**TOTAL BODY CONDITIONING:** Resistance training class using free weights, elastic tubing, balls, and body bars to develop muscular strength throughout the entire body.

### \* **SPINNING**

**NOTE: All participants are encouraged to bring a heart rate monitor, towel, and water to all Spinning® classes. \*(Located in the Spinning Studio)**

**ORIENTATION/INTERVAL SPINNING®:** Great class for the new cyclist to learn the basic moves that make up the Spinning® program. Instructors will spend more time on bike set up, heart rates, technique, and safety issues. Includes the basics of Johnny G. Spinning® with a great interval workout to prepare participants for other spinning classes. **Thursday 5:30pm**

**ALL-TERRAIN:** This class does it all! It incorporates endurance, strength, and interval training with a mix of flat road, jumps, and climbs.

**ENDURANCE SPINNING®:** This class is designed to train the body to be more efficient at metabolizing fat by maintaining a comfortable pace for an extended period of time. Great for increasing pedal efficiency and hip flexor strength, Endurance Spinning® will work to 65-75% of maximum heart rate.

**INTERVAL SPINNING®:** This class emphasizes speed, tempo, timing and rhythm. Interval training alternates between high and low aerobic intensities, ranging from work efforts of 80-92% of maximum heart rate and recovery periods of 65% of maximum heart rate. It is a great way to judge overall fitness improvement and add variety to any fitness program!

**STRENGTH RIDE:** This class involves steady, consistent pedaling with heavy resistance.

A great way to build up muscular and cardiovascular ability by stimulating challenging hill climbing. Participants are encouraged to train at 75-85% of their maximum heart rate.

**RACE DAY: (ONLY FOR THE EXPERIENCED CYCLIST!)**

After training in the four energy zones: interval, strength, endurance, and recovery, "Race-Day" will measure your progress! This all-out solo effort is a real race against the clock. This workout carries a steady heart rate of 85-92% of maximum HR, designed to challenge those striving for peak performance. This class inspires a great feeling of achievement!

### **\*\*YOGA/PILATES**

**INTENSITY LEVELS: Level 1: Beginner, Level 2: Intermediate, Level 3: Advanced**

**Please bring a yoga mat with you to class.**

**BEGINNING YOGA-1:** Gentle yoga class developed for students who are new to yoga. It emphasizes basic yoga postures designed to build core strength, heal old injuries, and increase overall flexibility. **Monday 8:30am, Monday & Wednesday 7:00pm, and Saturday 11:30am**

**YOGA CORE 1-2:** Yoga poses designed to target core conditioning, including trunk, spin, hip, and shoulder musculature.

**YOGA FLOW 1-2:** Traditional Hatha Yoga postures strung together in creative, flowing, sequences. Focuses on breathing techniques, proper alignment, muscular balance, and ROM.

**PRIVATE YOGA:** There is a \$5.00 fee for this class and it is limited to 15 participants.

Avoid class crowding and get more personalized instruction with a guaranteed spot.

Note: Please call Lisa Ferguson at 664-3790 to check on availability and to pre-pay; no refunds given to missed classes. **Saturdays from 12:30pm-1:30pm**

**PILATES MAT 1-2:** This beginner/intermediate class is designed to provide the fundamentals of Pilates mat work and an introduction to movements that will improve mobility, core strength, and flexibility. It is great for both beginners, who want to learn proper technique, and students with more experience who want to hone in on their technique!

**PRIVATE/SEMI-PRIVATE PILATES SESSIONS:** Allow for individualized programming and an entire session of more hands-on instruction. These services are offered in LAC's fully equipped Pilates Studio.