



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

20/20/20: Three classes in one! Two 20 minute cardio segments, followed by a 20 minute resistance training segment.

Boot Camp: Get back to the basics with military style exercises and functional movements like push-ups, squats, crunches, as well as drills and sprints. This class is a type of High Intensity Interval Training (HIIT) - bursts of intense activity alternated with intervals of lighter activity.

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!

REFIT@: Exhilarating energy & body-rockin' rhythms! It's about rockin' your body! Cardio. Toning. Flexibility. Balance. You'll find it all in a 1-hour REFIT@ workout. A total-body workout that can easily be modified to meet the needs of any fitness level.

Mon & Wed 10:30am, Tues & Thurs 6:00pm, Sat 11:00am

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.

Wednesday 11:35am in the Yoga Studio & Thursday 12:15pm in the Group Fitness Room

STEP: Varied choreography, power, and strength moves make this a great cardiovascular workout! Many variations will be demonstrated. **Tues 9:15am & Sat 10am**

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. **Wed 10:30am, Mon & Wed 6pm, Sat 9:30am**

ZUMBA GOLD! @: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Mon & Wed 12:30pm in the Yoga Studio

*  **ICG Coach By Color® Cycling**

NOTE: All participants are encouraged to bring a towel and water to all cycling classes. Also, please wipe down your bike after use and avoid spraying cleaner directly on the bike. *(Located in the Group Cycling Studio)

To **COACH BY COLOR®** is to bring a simple and intuitive form of communication to group cycling to improve the riders experience and to achieve their fitness results in less time. The Coach By Color® power program combines accurate zonal training with stimulating color to help coach a member's effort during the workout.

BEGINNER CYCLING: Great class for the new cyclist to learn the basic moves that make up the ICG Coach By Color cycling program. Instructors will spend more time on bike set up, technique, and safety issues. Includes the basics of cycling with a great interval workout to prepare participants for other spinning classes. **Wednesday 6:30pm**

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

HARD CORE CYCLING: This class will consist of 20 mins of CORE focused training to prevent injury & improve power, followed by 30 mins of high intensity interval cycling with the goal of improving strength & fitness in addition to mental tenacity. **(Class starts in Main Group Fit Rm)**

INTERVAL CYCLING: This class emphasizes speed, tempo, timing and rhythm. Interval training alternates between high and low aerobic intensities, ranging in work efforts (color zones). 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.

INSTRUCTOR LEAD FTP (FUNCTIONAL THRESHOLD POWER TEST): A ramp test used to help measure a user's fitness and establish their 5 colored training zones. Every 4 minutes the WATTs target will increase 25 watts, all the rider has to do is "keep it green" for as long as they can (up to a max of 20 minutes). Once an individual's FTP is known, users are assigned the 5 zones to accurately coach their effort for the best customized results. **These will be offered as special events (not on the weekly schedule).**

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.

Mon 11:35am in the Yoga Studio, Tues 12:15pm & Fri 10:45am 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, Saturday 9:00am

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.

PiYo@: Combines the muscle-sculpting benefits of Pilates with the strength & flexibility advantages of Yoga, and cranks up the speed to deliver a true fat-burning, low impact workout.

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

**YOGA/PILATES

Please bring a yoga mat with you to class.

BEGINNING YOGA: 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. **Saturday 11:30am**

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

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

POWER VINYASA YOGA: Let your body move in rhythm with your breath through a creative series of asana (poses) that promote strength & flexibility while still bringing stress relief & balance to the mind. This class is best suited for students that like a physical challenge.

SILVERSNEAKERS@ Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **(Group Fit. Rm)**

PILATES MAT: 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!

POP PILATES@: This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you've never seen before.

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.