



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 11:10am

Boot Camp: Get back to the basics with military style exercises and functional movements like push-ups, squats, crunches, as well as drills and Tabatas. 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!

CARDIO CIRCUIT: A great way to burn fat while increasing strength. This class alternates 3-4 minutes of cardiovascular training with 1-2 minutes of resistance training.

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.

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. **Mon & Wed 6:15pm**

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.

Tues & Thurs 12:15pm

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 10:10am

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.

**YOGA/PILATES

Please bring a yoga mat with you to class.

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

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!

PRIVATE/SEMI-PRIVATE PILATES CLASSES: **There is a \$5.00 fee for these classes.**

Avoid class crowding and get more instruction with a guaranteed spot. Note: no refunds given to missed classes. To pre-register for Monday 9:30am classes, call Lisa at (502) 664-3790.

There must be 5 people pre-registered to hold class.

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. **TBA when scheduled**

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

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).**