



**HEALTHQUEST**  
FITNESS CLUB

## Group Fitness Class Descriptions

### 30 Shred

Build the heat with a blended class of HIIT, Sculpt, Yoga, Barre, and Pilates.

### HOT30 Shred

The 30 Shred but hotter! Using our infrared heat lamps to build your own heat.

### All Levels Flow with Savasna

A dynamic and challenging flow class that links movement with breath and focuses on building alignment, strength, flexibility, and balance.

### All Levels Slow Vinyasa Flow

This slow flow features an extended warmup followed by fluid vinyasa style movement and a restorative closing.

### Barre Blend

BARRE BLEND is energetic all-level barre class that combines CARDIO, STRENGTH and SCULPTING.

### Barre Intensity – Barre – HIIT

The BIIT class is based on variable intensity interval training. Exercises are low impact with optional higher impact variations for those who welcome them.

### Barre-Pilates Blend

A fun, energetic, low impact workout that fuses techniques from Pilates and Barre to tone and strengthen the whole body.

### Barre Sculpt

Barre SCULPT is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define, and chisel the whole body.

### HIIT

HIGH INTENSITY INTERVAL TRAINING - Challenge yourself to this fast-paced full body workout that pushes you out of your comfort zone.

### Mat Pilates

Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders.

### Open Level Flow

All levels of experience welcome to open level flow, focusing on alignment and a foundation of awareness to move the body intelligently & intentionally to balance.

### Pilates Lengthen & Strengthen

Using Mat Pilates movements, lengthen muscles to release tension and improve posture and alignment while strengthening the powerhouse for greater functional movement.

### Power Yoga

Power yoga is a vigorous, fitness-based approach to vinyasa-style yoga.

### Strength Tabata

This interval-based strength focused class uses the Tabata training method, combining weighted & body weight exercises to create the perfect combination of strength and cardio.

### Stretch & Release

A fusion of stretching and soft tissue release for muscle recovery and preventing injury.

### Tai Chi

The term tai chi chuan refers to a philosophy of the forces of yin and yang, the study of natural harmony. Through movements, deep breathing, the focus of intention, the ideal of body and mind in synch becomes reality. Proper practice can help you rediscover your natural movement, freedom of energy, and personal potential.

### TRX

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises.

### Ultimate Core Strength

Working from both the mat and standing, lengthen, strengthen, and tone the muscles of the entire body - especially the Core!

### Warm Yoga Flow

Warm Yoga Flow is an all-levels class that incorporates energetic movement for a sense of fluid physical motion. The Prana Studio is warmed using our infrared panels.

### Zumba

Zumba combines low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

### Zumba Toning

The challenge of adding resistance by using Zumba® Toning Sticks helps you focus on specific muscle groups.

## AQUA

### AquaFit

A low-impact, full-body workout designed to build overall strength and improve cardio endurance.

### Cardio H2O

Cardio H2O - Cardio moves either in deep or shallow waters will challenge your heart and lungs and will keep the energy high!

### Splash Dance

This unique Aqua class combines classic water aerobic exercises and choreographed dances in the water to all genres of music.

## CYCLE

### HIIT Spin

HIGH INTENSITY INTERVAL TRAINING - Challenge yourself to this fast-paced cycling workout.

### LM RPM

Les Mills RPM™ combines hit music with the motivational power of an inspiring Instructor leading you on a journey of hill climbs, sprints, and flat riding.

### LM Sprint

30 Minute Les Mills HIIT (HIGH INTENSITY INTERVAL TRAINING) cycle workout.

### Spin & Strength

You'll cycle 2 interval tracks and 2 speed tracks to get your heart rate lifted (20 mins)! Then we'll get off the bike and focus on some weighted strength work (20 minutes).

### Spin Energy Zones/ Spin POWER

Energy Zone classes focus on a specific type of ride each class ranging from Endurance to Strength, Interval, Race Day Challenge, and Multi-Terrain.

## LES MILLS

### BodyAttack

BODYATTACK is a whole-body workout that burns calories while toning and shaping to build stamina & improve your coordination and agility.

### BodyBalance

BODYBALANCE™ is a new generation yoga class that will improve your mind, your body, and your life through a series of yoga moves, elements of Tai Chi and Pilates.

### BodyCombat

BODYCOMBAT is a high-energy martial arts-inspired workout - punch and kick your way to fitness to release stress, have a blast and feel like a champ.

### BodyJam

If you want to dance, there's nothing like it - House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music, it's the soul of BODYJAM.

### Body Pump

BodyPump really is the ultimate barbell training workout- the ideal class for anyone looking to get lean, toned and fit – fast. BODYPUMP will generate athleticism, improving strength, power, and speed.

### BodyStep/ Functional BodyStep

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to tone your butt & thighs.

### GRIT

LES MILLS GRIT™ is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle.

### LM Core

Inspired by elite athletic training principles, LM CORE™ builds strength, stability and endurance in the muscles that support your core, improve balance, & assist injury prevention.

### LM Mash Up/ Cardio Core

Switch up your training with Les Mills Mash Up! Every Les Mills Mash Up class is different based on the programs the instructor teaches.

### LM Tone

If you want the optimal mix of strength, cardio, and core training this is it. The challenging mix of functional training and strength exercises will help you take your fitness to the next level.

### Strength Development

Full body foundational progressive strength workout. Where we focus on practicing good technique. Within a traditional strength training structure.

## ACTIVE AGING

### Forever Fit

This low intensity workout combines cardio, strength, and flexibility, all modified to a seated position. A perfect exercise class for seniors or those just starting an exercise routine.

### Gentle Yoga

Yoga for Strength & Balance - Traditional yoga asanas presented in a slow flow format. Seniors or beginners to the practice of yoga are welcome, and chairs are available for use if desired.

### Low Impact Strength Circuit

An interval-based strength, balance, and ground to standing class focusing on multi-joint movements and training for life! This class is perfect for those just returning to exercise, seniors, or as an active recovery day.

### Zumba Gold

Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Group Fitness Director

Kristie Cardoso

[cardoso@hqfit.com](mailto:cardoso@hqfit.com)

908-782-4009 Ext 224