



DANCE INSPIRED

SH'BAM™		A fun and social workout featuring hot dance moves and popular hits. Perfect for dance-challenged beginners.
Zumba	(F)	Latin-inspired dance-fitness, promoting increased circulation and positive energy.
Freestyle Dance Cardio	(F)	Perfect for all levels of fitness: a fun, active class to get you moving and grooving. Let loose like no one is watching!

STRENGTH AND ENDURANCE

Boot Camp	(F)	High-intensity interval training, combining cardio, strength training and athletic conditioning.
High Impact Interval Training (HIIT)	(F)	HIIT combines cardio, strength training and athletic conditioning. You'll leave feeling stronger and more confident than ever, while burning calories long after your workout is over.
Low Impact Interval Training (LIIT)	(F)	Using cardio and muscle-conditioning intervals, this low-impact workout will improve your cardiovascular fitness, core strength and agility. Light hand weights, soup cans or paper weights can be used.
BODY COMBAT™		The empowering, martial arts-inspired workout that totally unleashes your energy. Strike, punch, kick and kata your way through the calories to superior cardio fitness!
Functional Strength	(F)	Improve your muscular strength, stamina and flexibility. This training program simulates functional movements from daily life activities, and is great for all levels of fitness.

STRETCHING, TONING & MINDFULNESS

Seated Desk Yoga	(F)	Build strength and flexibility through postures and breathing while seated.
Core and Mobility	(F)	Stretch and strengthen the muscles in your lower back, hips, pelvis, and abdomen to give you better balance and stability, in daily activities or athletic performance.
BODYBALANCE™	(F)	A new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.
Stretch & Breathe	(F)	Stretching and breathing techniques proven to reduce stress in the body.
Yoga	(F)	Flexibility, mobility and core strength, leaving you feeling calm and centered.
Better back		GoodLife's official conditioning class that strengthens your back and improves your posture with strengthening and flexibility exercises for your abdominal, back, shoulders and hips.
Meditation	(F)	Through this class, meditation will guide you through a set of techniques to encourage a heightened state of awareness. It is a grounding practice that will allow for more relaxed sleep and will soothe intense feelings. Meditation has been proven to provide many benefits both for the body and our easily-distracted minds.

™ Les Mills Class – not available for onsite classes unless Licensing Fee is paid

(F) Available in French based on instructor availability