



Thrive Maple Valley - Group Fitness Class Descriptions

27411 Maple Valley-Black Diamond Rd, Suite B106

Maple Valley, WA 98038

425.432.1199

BODYATTACK

Les Mills BODYATTACK is a high-energy cardio workout that combines athletic movements with powerful music to boost cardiovascular fitness and endurance. The class features a mix of running, jumping, and strength exercises designed to challenge the entire body. Suitable for all fitness levels, BODYATTACK provides a motivating environment to burn calories and enhance overall fitness.

STEP

Step is a high-energy workout that uses a raised platform, or "step," to perform choreographed cardio routines. Participants engage in a series of rhythmic stepping patterns that enhance cardiovascular fitness, coordination, and endurance. Set to upbeat music, this class provides a fun and effective way to burn calories and improve overall fitness.

RIZMIC

Rizzmic is an upbeat dance fitness class that blends high-energy choreography with invigorating music. Participants follow easy-to-learn dance routines that provide a full-body cardio workout, improving cardiovascular health and coordination. This fun and lively class is designed to energize and motivate, making exercise feel like a party.

HIIT STRENGTH FUSION

HIIT Strength Fusion is an intense, hybrid workout combining High-Intensity Interval Training (HIIT) with strength training exercises. This class alternates between short bursts of high-intensity cardio and strength-focused intervals, using bodyweight exercises, free weights, or resistance bands. Designed to maximize calorie burn and build muscle, the format includes dynamic circuits that challenge cardiovascular fitness and enhance muscular endurance.

BODYPUMP

Les Mills BODYPUMP is for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through scientifically proven moves and techniques pumping out encouragement, motivation, and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

STRENGTH

Strength is a dynamic fitness class designed to enhance overall strength and functional movement. This class alternates between upper and lower body exercises, ensuring a comprehensive workout that targets various muscle groups. Participants use a diverse range of equipment, including resistance bands, hand weights, steps, and their own body weight, to perform functional movements.

YOGA

YOGA focuses on enhancing flexibility, strength, and balance through a series of controlled poses and breathing exercises. Participants move through various postures, each designed to stretch and strengthen different muscle groups while promoting relaxation and mental clarity. Suitable for all levels, the class helps improve overall physical and mental well-being in a tranquil and supportive environment.

- ❖ Restorative is a gentle, slow-paced style of yoga that focuses on relaxation, stress reduction, and rejuvenation.
- ❖ Yin yoga is a yoga practice that combines elements of Yin and Vinyasa yoga to create a slower, more meditative experience

PILATES

Pilates is a low-impact workout that focuses on strengthening the core, improving flexibility, and enhancing overall body alignment. Using controlled movements and precise techniques, participants engage in exercises designed to build strength, stability, and endurance. Suitable for all fitness levels, Pilates promotes a balanced and resilient body while emphasizing mindful movement and breath control.

BODYFLOW

Les Mills BODYFLOW is 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.

SKINNY JEANS

Skinny Jeans is a targeted fitness class designed to sculpt and tone key areas for a sleek, streamlined silhouette. This Pilates-based lower body workout focuses on strengthening core muscles, including the abs and back, while also targeting the quads, hamstrings, and glutes. Firm and tone for confidence!

SERENE STRETCH

Serene Stretch promotes relaxation, aids recovery, and contributes to overall physical well-being. A great addition to many classes on our schedule, Serene Stretch focuses on concentrated breathing through various static and dynamic stretches that target major muscle groups to enhance range of motion and alleviate tightness.

SENIOR ABC:

Senior ABC (Active Body Conditioning) is a specialized fitness class designed for older adults to boost overall health, strength, and flexibility. This low-impact workout uses free weights, resistance bands/tubes, stability balls, medicine balls, Pilates rings and pilates based moves to improve balance, coordination, and muscle tone while accommodating varying fitness levels.