



Thrive Maple Valley – Group Fitness Class Descriptions

27411 Maple Valley-Black Diamond Rd, Suite B106, Maple Valley, WA 98038

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CARDIO/KICKBOXING:

Les Mills BODYATTACK is a high-energy fitness class that caters to everyone, from total beginners to fitness enthusiasts. Developed by **Les Mills International**, this dynamic workout combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. Here's what you need to know:

- **Intensity:** BODYATTACK is all about pushing your limits in a good way. With energizing tunes and a LES MILLS instructor leading the way, you'll burn up to **555 calories** during a session.
- **Functional Fitness:** Beyond calorie burn, BODYATTACK improves your functional fitness—the kind you need for everyday life. It enhances stamina, coordination, and agility, making you quicker off the mark in everything you do.
- **Customizable:** Whether you're a newbie or a seasoned athlete, BODYATTACK offers low-impact options to tailor the workout to your fitness level. Start with 1-2 classes a week and gradually build up.

STEP is for both beginner and advanced steppers. Step offers a single or double step cardio workout where you control the intensity by adjusting the step height. You'll burn fat and tone muscle using simple but effective moves to great music. With Step you'll have a fantastic athletic workout, perfect for your goal to lose weight, tone, or for health and fitness in general.

SENIOR CONDITIONING:

Senior ABC (Active Body Conditioning). Complete low impact workout blending Pilates based movements for fitness, flexibility, and toning, targeting all muscle groups. Routine varies using free weights, resistance bands/tubes, stability ball, medicine ball, and Pilates ring. Seated ball, standing cardio and stretch exercises; you control the intensity.

YOGA AND TONE:

Les Mills BODYFLOW/BODYBALANCE. Ideal for anyone and everyone! BODYFLOW is a yoga-based format that will improve your mind, body, and your life. During BODYFLOW – embrace elements of Yoga, Tai Chi, and Pilates. You will improve your flexibility and mobility, as well as learn controlled breathing to focus your mind and reduce stress. But don't be fooled, this program is a holistic workout, so expect extensive strength and core work! You will walk out of class feeling stronger and more centered.

RESTORATIVE YIN YOGA focuses on longer stretches and breath work, targeting our deeper tissues. Benefits of restorative yin yoga include increasing overall flexibility, circulation, and range of motion. This Yoga class is for all levels.

YOGA AND TONE (cont.):

YIN YOGA A slow-paced style of yoga where poses are held for longer periods. It targets the connective tissues (ligaments, fascia, joints) rather than focusing on muscles. The practice emphasizes relaxation and deep stretching, promoting flexibility, mindfulness, and a sense of calm.

SERENE STRETCH is a great addition to many classes on our schedule. Serene Stretch focuses on concentrated breathing through stretching, seated and on the mat; emphasizing long, lean muscles, and focusing on the mind/body/breath relationship.

PILATES Pilates is a fluid conditioning routine that emphasizes spinal and pelvic alignment, focusing on breathing to develop a strong core (abs, back, buttocks), improving coordination and balance. It builds flexibility, muscular strength, and endurance.

SKINNY JEANS Firm and tone for confidence! Pilates based lower body fluid workout targeting core muscles (abs, back and buttocks) as well as quads, hamstrings, and glutes. Build endurance and strength while stretching to lengthen and strengthen. Modifications available.

DANCE FITNESS:

RIZZMIC uses the most beloved music and dance styles from the last century of American culture to create a high intensity dance fitness experience unlike any other. Seamlessly blending fitness with truly stylized dance, Rizzmic hits each big craze on the map, from Disco to Country, to Hip Hop and Jazz! We use the most popular dance styles in virtually every genre from the 1920's to modern day, to bring a massive variety of movement into a focused American theme.

STRENGTH:

STRENGTH Join us for a fun total body workout, focusing on functional training. After a thorough warm-up, we are going to work on different muscle groups, switching between the upper and lower body, and different workout equipment (resistance bands, hand weights, body weight, steps, etc.) then we are focusing on core and balance. Relaxing stretches and a big group shout will put the last touches on your 'me time' at the gym with us! Excited to workout with you soon.

HIIT STRENGTH FUSION will give you the perfect balance of high intensity interval training and strength/mobility training. A class that combines High Intensity Interval Training, with strength exercises provides a workout that challenges both the cardiovascular fitness and muscular strength. After just an hour you will leave feeling strong and accomplished, continuing burning calories for hours afterward.

Les Mills BODYPUMP is for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BOYPUMP 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.