



## **Thrive Maple Valley - Group Fitness Class Descriptions**

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### **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.

### **CYCLE**

Cycle class, also known as indoor cycling or spinning, is a high-intensity workout done on stationary bikes, typically set to music. The class is led by an instructor who guides participants through different cycling drills designed to challenge cardiovascular fitness and build strength.

### **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.

## **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.

## **BODYBALANCE**

Les Mills BODYBALANCE 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.

## **BODY FLEX & RELAXATION**

BodyFlex & Relaxation is a Pilates core based class created to enhance balance and increase flexibility, while sculpting and toning for a sleek silhouette. Emphasis is on quieting the mind to enrich body awareness and relaxation.

## **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.