



**BODYATTACK™** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.



**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



**BODYJAM™** is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance.



**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



**BODYSTEP™** is the energizing step workout that makes



For those children ages 8 & up, join your mom immediately following her Zumba class, so you don't miss a beat and get to enjoy a little Zumba yourself! 30 minute class for both moms & kids!

### *new Combaters*

For those who have already attended BASIC COMBAT on Saturday morning but need a quick, 10-minute refresher on moves to ensure a safe and successful class in BodyCombat which comes at 5:30pm!

### *new Flowbies*

For those wishing to partake in Tai Chi, Mat Pilates, Yoga and/or BodyFlow, this 10-minute intro will review the key elements you will need to know for any or all of these Mind & Body classes as BodyFlow is a compilation of all 3 disciplines.

### *new Jammers*

For those new to BodyJam, take part in this 10-minute introductory overview of the moves you will see in the upcoming BodyJam class. Dance like no one is watching!



a 15-minute introduction for those new to BodyPump on how to execute the proper moves that will be used within the actual BodyPump class. This is a requirement for new participants of BodyPump!

### *Roller Release*

\*Roller Release – Gain the incredible pain-relieving benefits of myofascial massage with the use of the foam-roller as it releases the tension of the muscles allowing you to move more freely, eliminate pain and increase your range of motion. This is



This is the option for beginners who want to try rpm without jumping into the more intense rpm class. RPM lite will begin with proper bike set-up, a review of the riding positions and then an actual experience of the actual rpm class (almost 30 minut

### *Silver Swinn*

you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



**BODYVIVE™** is the low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, tubes and optional hand weights you're talked step-by-step through the entire class by a skilled instructor, all while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy.



**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



Gain strength, flexibility & balance with mind & body movements that are fun and easy to learn. Supported by the Arthritis Foundation, this program is recommended for pain relief to improve quality of life, for people with or without arthritis.



Just not ready for BodyAttack or feel it is a little too high-impact or intense? This is an excellent starting point or even staying point if you are looking for a solid fat-burning cardio workout. Attack Lite will provide a modified workout with all



A **MUST** if you are considering taking BodyCombat even if you have had experience in taking any other martial-arts based class in the past! We will review the particular moves, so you execute them safely and most effectively to give you optimal results



This **IS** the option for new members and members new to group classes! This introductory class includes a hint of 5

### Cardio Conditioning

This low-impact aerobic conditioning class is not only good for the heart, but the soul, too! With a dancing feel, it will lighten your steps and strengthen your strut! For the Silver Sweetheart Ladies or those new to exercise.

### Step n Tone

A combination of both cardio making use of the step bench and toning using various equipment such as hand weights and bands for a total body workout. With basic step moves and toning exercises for all the major muscle groups... you're sure to get you

### The Line-Up

It's back & better than ever! Did you know that when you workout with a group you are 50 times more likely to stick with your workout?? So you don't think you have coordination to do a class? For this class you DO! In this 30-minute interval class yo

### Total Tone

Want something that tones your body from head to toe and want an alternative to BodyPump? This is it! Get a great toning workout for both the upper and lower body within a one-hour timeframe. It will boost your metabolism, burn calories and help you

### Treadtraining

For those of you who feel you don't have coordination for classes, but like to workout with others, you'll love treadtraining. This interval training class is conducted on the treadmills, and whether you are a walker or runner, this 30-minute class

### Yoga

Derive the numerous benefits of stretching and strengthening through rhythmic moves using your breath in order to increase your flexibility to relieve pain within your body, elongate your muscles for a more toned appearance and open your mind to a wh



The workout that feels more like a party! Inspired and driven by Latin dance rhythms. Come experience the fun! Zumba Gold is available for those "young at heart"



of Momentum's most popular cardio-based classes: BodyVive, AttackLite, BodyAttack, Step n Tone & BodyStep. You will learn the proper for

**Core n More**

Work on those muscles that give you the stability to stand up tall and move through life with less back pain and more overall body strength. Work the deep muscles of the abdominal section as well as the more superficial muscles that will give you bet

**Mat Pilates**

This is a great class to make you much stronger and more productive in other areas of the club. Mat Pilates is designed to stretch and strengthen your core muscles using both concentration and perseverance to create a better sense of well-being, bala

As fun as Zumba just at a slower tempo with more basic options offered on most moves. This is great for beginner Zumba-ers who want to become as addicted to Zumba but need a little more "hand-holding" in getting up and going!



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