

# Les Mills Virtual Group Fitness

September 1 - December 31, 2020



GET THE APP



**Les Mills Virtual workouts combine world-leading fitness programs with pumping sound and motivation from some of the best instructors on the planet, all on the big screen in GreatLIFE group fitness studios!**

**Reserve your spot for class in the GreatLIFE app!**

Class size is limited to allow for social distancing.  
Registration opens 3 days before class.

**Virtual Class Locations**

Woodlake: main group fitness studio upstairs over the cardio area  
Harrisburg: cycling room upstairs

**Reservations will be held until 5 minutes before class. At that time, unclaimed reservations will be open to waiting members (if any).**

Woodlake						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15 AM (45 min) BODYPUMP Virtual	
					11:15 AM BODYPUMP Virtual	11:15 AM Les Mills Virtual On Demand
1:30 PM Les Mills Virtual On Demand	1:30 PM Les Mills Virtual On Demand	1:30 PM Les Mills Virtual On Demand	1:30 PM Les Mills Virtual On Demand	1:30 PM Les Mills Virtual On Demand	12:45 PM Les Mills Virtual On Demand	12:45 PM Les Mills Virtual On Demand
2:45 PM Les Mills Virtual On Demand	2:45 PM Les Mills Virtual On Demand	2:45 PM Les Mills Virtual On Demand	2:45 PM Les Mills Virtual On Demand	2:45 PM Les Mills Virtual On Demand	2:00 PM Les Mills Virtual On Demand	2:00 PM Les Mills Virtual On Demand
8:15 PM Les Mills Virtual On Demand	8:15 PM Les Mills Virtual On Demand	8:15 PM Les Mills Virtual On Demand	8:15 PM Les Mills Virtual On Demand	6:00 PM Les Mills Virtual On Demand	3:15 PM Les Mills Virtual On Demand	4:45 PM BODYPUMP - Virtual

## Class Choices & Descriptions



A 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, Les Mills BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.



A high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. (30, 45, or 60 minutes)



An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy. (45 or 60 minutes)



Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed 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. (30, 45, or 60 minutes)



A 30-minute workout that activates core muscles, making your body stronger and chiseling that waistline. Trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.



30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.



A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.



A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.



A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can! (30 or 45 minutes)

**Les Mills Virtual on Demand time slots are ideal for those who want to experience the motivation of Group Fitness without exposure to other members in class, or who cannot fit our in-person classes into their schedule.**

Les Mills Virtual on Demand reservations allow only *one* member per time slot. The member who reserves the time slot may bring other GreatLIFE members if they choose (such as friends or family members that they feel comfortable working out with).

Reserve the Les Mills Virtual on Demand time slot in the GreatLIFE app. Check in at the front desk 5 -10 minutes before your time slot. The front desk will assist you in setting up the virtual class of your choice.

➤ **Beginner classes are available for all class types to get you started!**

Harrisburg						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM RPM Virtual	5:30 AM Sprint Virtual	5:30 AM RPM Virtual	5:30 AM SPRINT Virtual	5:30 AM RPM Virtual	8:00 AM RPM Virtual	8:00 AM RMP Virtual
12:00 PM SPRINT Virtual	12:00 PM RPM Virtual	12:00 PM SPRINT Virtual	12:00 PM RPM Virtual	12:00 PM SPRINT Virtual	9:00 AM SPRINT Virtual	9:00 AM SPRINT Virtual
6:00 PM RPM Virtual	6:00 PM RPM Virtual	6:00 PM RPM Virtual	6:00 PM RPM Virtual	6:00 PM RPM Virtual	9:30 AM RPM Virtual	9:30 AM RPM Virtual
7:00 PM SPRINT Virtual	7:00 PM SPRINT Virtual	7:00 PM SPRINT Virtual	7:00 PM SPRINT Virtual	7:00 PM SPRINT Virtual	10:30 AM SPRINT Virtual	10:30 AM SPRINT Virtual

## Class Descriptions



A 50-minute cycling class born from the sport of cycle racing, RPM uses simulated climbs and sprints in a workout where you control the intensity. With great music pumping, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!



A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

**Follow GreatLIFE Group Fitness on Facebook for class updates & information and livestream classes!  
Contact [groupfitness@joingreatlife.com](mailto:groupfitness@joingreatlife.com) for your app login information.**