

Lawrence Athletic Club Class Descriptions

20/20/20	This class is designed to provide you interval training divided into 3 distinct sessions each 20 minutes long. Each distinct session will involve any of a number of cardio or weight conditioning routines.	1 hour
Afro-Latino Dance	Authentic African movements and music. This class teaches African culture and meaning behind their dances.	1 hour
Arms & Abs	Conditioning for your upper body and abdominals.	45 min
Aqua	Aerobics in the water! Great for folks with joint problems, fibromyalgia, arthritis and anyone looking for a challenge in their workout! Meet in pool area.	1 hour
Basic 101	Beginner class. 30 minutes of cardio (traditional or step). All movements are basic. 15 minutes of conditioning and stretch.	45 min
Body Tone	Combines toning exercises and stretching.	1 hour
Boot Camp	Sports conditioning drills and traditional "calistinic" movements.	1 hour
Boot Camp Plus	A conditioning class with traditional "Boot Camp" style drills done either as a group or in individual stations, plus 15 minutes of abs.	45 min
Cardio Scult Fusion	Multiple strength moves "fused" with cardio drills like plyometrics, sports specific and core training.	1 hour
Circuit Slam	Stations of drills or group drills incorporating cardio and weight training.	1 hour
College Rock 'n Block	45 minutes of funky aerobics that is infused with martial arts/box/kickbox movements. 10 minutes of hard core abs and a 5 minute cool down.	45 min
Core	Training for your core (abdominals, back and obliques).	1 hour
Cycle	Cardio class on the bike! Be prepared to sweat! Extra Cost/must sign up at desk.	45 min
Cycle 101	Beginner level ONLY. 10 minutes spent on teaching structure of the bike and getting bikes adjusted then a slow start and showing how to increase intensity. 25 minute gentle ride. 10 minute cool down and stretch.	45 min
CyclePlus	Still cardio on the bike for 45 minutes, then an additional 15 minutes of abs.	1 hour

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Endurance Ride	Hard-hitting cycling with 15 minutes of abs/back at the end. This class is designed for conditioned riders. You must sign up at the desk.	1 hour 30 min
H.E.A.T.	High Energy Athletic Training: No dance! No choreography! No frills! Just 100% fitness. This unique interval-style workout combines strength training and cardio with sport specific conditioning drills.	1 hour
Joy of Movement	Explore movement, dance and mental release - no shoes!	1 hour
Kardio Kickboxx	Come kick and jab to 30 mins of high-intensity kickbox moves!	30 min
KBBC	Sports conditioning drills paired with an outdoor (as weather allows) run/walk.	1 hour
Kickbox	Cardiovascular class using basic and general martial arts moves.	1 hour
Latin Cardio	Hot Latin cardio moves and music! Ariba!	45 min
Muscle Torch	Participants must qualify for class. Come to first 3 classes for preliminary workout. Specific conditioning intervals. Combinations of legs and arms - 30 second intervals of each, then 30 second break. Exercises are very low weight and are executed at a rapid rate. Care should be taken with posture and form.	45 min
Muscle Up	An original LAC class. Total muscle conditioning - top to bottom!	1 hour
Ply-O-Blast	Plyometrics also known as jump training, gives you a performance edge in sports and the ability to perform you daily activities more efficiently. Jump start your metabolism with a new challenging way to train your body.	45 min
Power Ride	Advanced cycle class. NO ABS.	45 min
Power Ride + abs	Advanced cycle plus ab work.	1 hour
Power Splash	Aqua aerobic class. Designed to increase cardio and strength using properties of water for resistance.	1 hour
Power Step	Cardio step for advanced and beyond steppers!	45 min
Pre Torch	This is a class designed to prepare you for advanced conditioning intervals described in Torch.	1 hour

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Precision Abs	Half upper body, half abdominal/back.	45 min
Pump 'n Crunch	Beginner class. 30 minutes of cardio (traditional or step). All movements are basic. 15 minutes of conditioning and stretch.	1 hour
Rip 'n Ride	An interval type class of 10 minute intense ride and 5 minute intense condition (squats, lunges, jump rope and upper body weights).	1 hour
Sarah's Strength Endurance	All conditioning using light weights and focusing on building endurance.	1 hour 30 min
Sexy Buns & Thighs	Most women think they will get a large lower body by doing squats, lunges, etc. Dedicated to lengthening, sculpting and strengthening glutes, hams, quads, calves and inner/outer thighs.	45 min
Silver Sneakers	Class geared for senior citizens or any participant who has problems with movement. Cardio and conditioning are all done from a chair.	45 min
Step	Cardio step class geared for beginners.	45 min
Step & Shake	Combination of traditional/funk/dance choreography moves on the floor, with funky step choreography. Either interval or half and half.	45 min
Step Blast	For "step-aholics"! (Advanced and Intermediate Steppers only) One hour of challenging choreography that's infused with plyometrics, calisthenics and muscle up movements.	1 hour
Step Circuit	Advanced step class that rotates conditioning and step movements.	45 min
Step Circuit/Interval	All intervals of step choreography and conditioning. (i.e., 5 min step.2 min condition). NO ABS.	45 min
Step Circuit/Interval Plus	All intervals of step choreography and conditioning. (i.e., 5 min step.2 min condition). Plus abs.	1 hour
Step 'n Strength	30 minutes of step aerobics and 30 minutes of strength training.	1 hour
Step On Up	Turnstep to 30 mins of high-energy, fast paced step routines sure to make you sweat!	30 min
Sunrise Cycle	Cardio class on the bike! Be prepared to sweat! Extra Cost/must sign up at desk.	45 min

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TBC (Total Body Conditioning)	Total conditioning for the entire body. Combines some weight training.	1 hour 30 min
Tone/Stretch	Conditioning class geared for mature but active adult.	1 hour
Torch	See Muscle Torch.	45 min
Ultimate Conditioning	It's the next level of training. Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and feels like you're training one-on-one with a private trainer. Great for all levels of fitness.	1 hour
ZUMBA	Authentic Latin dances and music rolled in to one action packed hour of fun and sweat! Free to members and \$5.00 per class for non-members.	1 hour
ZUMBAkids	Same exciting dynamic as ZUMBA, but designed for children 7-14 years of age.	30 min

PLEASE NOTE: These are general descriptions of our classes. Each instructor brings a different "flare" to their classes. Try each one and discover a whole new way of doing your favorite format. Classes must maintain 8 participants to remain on the schedule.