

LES MILLS VIRTUAL | VIRTUAL OnDEMAND

The Les Mills Virtual/OnDemand classes listed below are free to members (both Gold and Silver) along with day pass users.

Participants must check-in with the Welcome Desk prior to attending all Les Mills Virtual/OnDemand class.

*BODYCOMBAT™

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.

*BODYFLOW™

An athletic blend of Yoga, Tai Chi, and Pilates that builds flexibility and strength and leaves you feeling centered and calm.

*BODYPUMP™

This workout is designed to improve strength and endurance in all the major muscle groups while simultaneously burning calories for fat loss.

*CXWORX™

Based on scientific research, this class really hones in on the torso and sling muscles that connect your upper and lower body.

BARRE™

A modern version of classic balletic training; designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

RPM™

A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session*. With great music pumping and the group spinning as one, this workout takes you on a journey of hill climbs, sprints and flat riding.

SH'BAM™

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!

GRIT™

STRENGTH: A 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.

CARDIO: A 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.

PLYO/ATHLETIC: A high-intensity interval training (HIIT) 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 overall athletic performance: strength, agility, speed, and power.

Most classes are available in a variety of duration options: 30, 45, & 60 minutes.

VIRTUAL VS OnDEMAND

Les Mills Virtual

Scheduled classes that are taught virtually, by Les Mills instructors, in our three fitness classrooms. These classes are pre-set and will automatically begin playing when scheduled. Simply check-in at the Welcome Desk prior to the start of the class.

Les Mills Virtual/OnDemand

The OnDemand option is available when live and Les Mills Virtual classes are not scheduled. Members and day pass users simply check in at the Welcome Desk letting the attendant know they would like to do a Virtual/OnDemand class. You choose the workout and duration.



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