






Group Exercise & Aquatics Class Descriptions

Strength in Numbers. Group Exercise is what we know & love. ALL are welcome!

Strengthen & condition your body with our cutting-edge Group Exercise & Aquatics classes. Allow our high energy Group Exercise & Aquatics Instructors to challenge you to push your limits which will help you to look & feel better in no time. Our classes are carefully designed workouts to ensure that you experience a safe & effective workout in a group setting.

The LES MILLS™ System	Offered at The Executive, The LES MILLS™ group Exercise system is a proven way to give our members world-class fitness classes that deliver the excitement, motivation and results they're looking for. We currently offer the following programs on our Group Exercise class schedules.
BODYCOMBAT™ 	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. (Suitable for intermediate/advanced fitness levels)
BODYPUMP™ 	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! (Suitable for all fitness levels)
Beginner/All Levels:	
Actively Ageless Strength Train	Keep active & young at heart with this 45 minute strength training class. Improve muscle tone, strength & stamina. This class is designed for the older adult.
Cardio Strength	This strength based class will make the most of your time focusing on every muscle group. You will work at an intensity that will simultaneously improve your cardio strength and endurance while building muscle to boost your metabolism and become more defined. Continuous movement will keep your heart rate up for an amazing workout.
POUND® 	POUND® IS THE WORLD'S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS. Burn calories while having a blast. POUND: Rock out! Work out!
Strength Train	Total body strength training with non-stop, continuous movement that trains both muscular strength and endurance. A warm-up, cool down and abdominal section all set to great music make this class a must for all fitness levels.
ZUMBA!® 	A fusion of Latin, International & popular music/dance themes creating a dynamic, exciting & blood pumping workout! The routines feature aerobic/fitness interval training with a combination of slow & fast rhythms that strengthen & sculpt the body with easy to follow dance moves.
HIIT	The concept of this class is to perform a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly. Training the cardiovascular system is the focus in this high energy, fun class! All levels are welcome as modifications are demonstrated.
Intermediate Level:	
F.I.T.	Functional Integrated Training. This dynamic “boot camp” style class combines cardio and strength training exercises into a fun, integrated workout! Exercise selection will be designed to improve overall core strength, stability and power (workouts may also include plyometric exercise, kickboxing, and stability balls).
MixedFit 	Inspired by the people, MixedFit opens up a new world of dance fitness by adding a mix of explosive dance moves and boot camp exercises to fresh, exciting music. Turn up the fun as you learn easy to follow moves that will burn calories and tone your entire body.
TABATA	One of the most effective types of high intensity interval training. It features 20 seconds of high intensity exercise followed by 10 seconds of rest, repeated 8 times for a total of 4 minutes. These periods of intense work will strengthen muscles, torch calories and improve athletic performance. If you have hit a fitness plateau or are looking to light that fitness spark again this 45 minute workout is for you.
MIND & BODY	Mind – Meet Body. Rebuild, Relax & Restore!
Pilates	So much more than core! Pilates mat is a challenging workout that targets muscles deep within the body. With over 500 exercises for you to master allow our highly trained Instructors to take you through this incredible total body workout. Who is Pilates for? Everyone. Pilates sets your body up for success in whatever it does. Whether you're training, toning or recovering, you'll do it better, stronger, more efficiently! (Suitable for all fitness levels)
Hatha Yoga	Mind, meet body & body, meet mind. Movement, breath and meditation combine in a range of transformative class formats. Gentle in nature, our Hatha style yoga classes offer a variety of stretching, flowing and static postures. Focus is on concentrating inward to promote a deeper mind & body connection. Connect your mind and body! (Suitable for all fitness levels)
Pranayama Breath	Practice a variety of yogic breathing techniques to invigorate the body, quiet the mind and balance the emotions. (Suitable for all fitness levels)
Yoga Core	The focus of this class will be on core conditioning and in addition to Yoga postures; this format may also include traditional core and Pilates Mat exercises. Lengthen, strengthen and breathe! (Suitable for all fitness levels)
Vinyasa Flow	A Vinyasa style class will flow through poses to create a more energetic, aerobic style of Yoga. Focus is on basic sun salutations that develop alignment awareness, physical strength and overall endurance. This class is recommended for students with some Yoga practice experience.
Integral Yoga	This class is based on the teachings of Sri Swami Satchidananda & is a practice that enables the student to achieve “an easeful body, a peaceful mind and a useful life.” Integral Yoga incorporates gentle asanas (that can be adapted for those desiring a more rigorous practice), breathing techniques, and guided meditation. All levels welcome.
Power Flow	A unique, flowing vinyasa style that is designed to open the body and heart, calm the mind and help one manifest desires. This is accomplished through a seamless combination of gentle warm-up, dynamic flowing sequences, deep stretching, and Yoga Nidra. Yoga Nidra is a guided relaxation technique that takes place at the end of class. It is designed to bring the mind to a deeper state of consciousness more so than your typical Savasana.
BARRE (additional fee required)	Currently offered in our Mind Body Studio (Studio B), the discipline that's changed the game. The BARRE method of training will sculpt & tone your body like no other method of training. Offered as small group training sessions, BARRE blends Pilates with dance, cardio & strength training exercises specifically targeting arms, legs & core to strengthen & streamline the body. Neither dance experience nor tutus required! Class cards are available for purchase: 10 classes \$120 15 classes \$150 Single Drop-in \$15 Class size is limited. Pre-registration is required at our Member Services Desk.
STABY: The Executive is the first health club in NH to offer classes utilizing The STABY Stick! (additional fee required)	The Staby stick is one of the most effective fitness tools on the market today. The concentration on the activation of the weakened musculature of the joints of our body and the ability to work the intrinsic muscles versus the larger ones is unique to this tool. It employs vibrational activation and energy and is a great addition to any workout. The effect of it is to give the necessary impulses continuously and always at the right moment to have a regulated and rhythmic movement experience. The goal is, to improve the essential movement with power, coordination and mobility. This training equipment not only trains the stabilizing muscles but at the same time our nervous system gets energized and stimulated. Check out our STABY classes: STABY Core, incorporates more mat based exercises; STABY Flow, incorporates more Yoga Flow work & BARRE/ STABY Core, blends both BARRE & STABY Core work. Class cards are available for purchase: 10 classes \$120 15 classes \$150 Single Drop-in \$15 Class size is limited. Pre-registration is required at our Member Services Desk.
SPINNING®	Cardio training meets inspired playlists, with a variety of drills, intervals and workout challenges. Climb, jump, sprint and let the music & energy move you.
Spinning®	A moderate to high intensity workout for people of all ages and fitness levels. This is a group indoor cycling class set to music and riders control their own intensity by adjusting speed and resistance load to meet their individual needs. Through heart rate training, riders will learn the benefits of endurance, interval, race pace and strength rides. As you ride the flats, climb the hills or jump out of the saddle, you will increase endurance and strength, burn major calories and jump start your metabolism. Whether you're an avid cyclist or someone new to Spinning®, we have the Spinning® class for you. Come and enjoy the ride! All classes are 45-minutes unless otherwise noted. Our instructors are certified by Madd Dog Athletics, the original program as designed by Johnny G, the creator of Spinning®
GROUP AQUATICS	Train Hard – Play Hard – Learn from the Best. Get WET! Aqua classes are geared to all fitness levels with Aqua Boot Camp & Hydro Intervals being a bit more challenging. Exercises performed in the water are less stressful to the joints; however strength training in the water offers added resistance by the pull of the water.
Aqua Boot Camp	A more intense Boot camp style of training incorporating use of pool equipment.
Aqua Mix	Instructor choice. We're mixing it up! Experience a different workout on Saturday mornings.
Aqua Strength	A total body strength training workout incorporating use of Hydro-Fit pool equipment.
Hydro Intervals	Interval training incorporating cardio & strength training.

CLUB HOURS: Mon.- Fri.: 5am-10pm • Sat & Sun: 6:45am-6:00pm
CHILDCARE HOURS: Mon.- Fri.: 8am-8pm • Sat.: 8am-1pm • Sun.: 8am-12pm

For further assistance in selecting classes suitable for you, contact:
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