

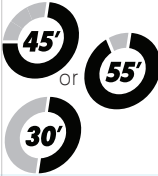


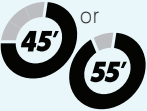


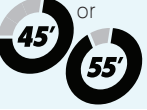
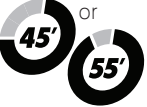
# MERRITT CLUB MEMBER CLASS DESCRIPTIONS







CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS	LOCATIONS AVAILABLE
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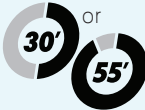





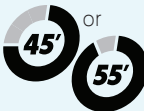








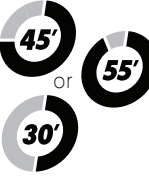


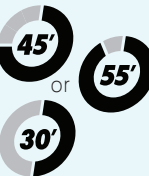
## STRENGTH, CARDIO & CORE



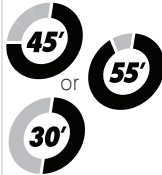


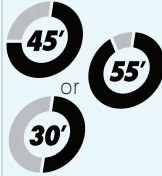





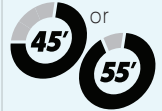


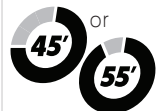






STRENGTH CARDIO CORE	active spirit	A fun, low impact class designed for the novice or experienced adult that will help increase strength, flexibility and balance through a variety of exercises. Equipment used includes, but is not limited to, light dumbbells, exercise tubing, small balls, stability balls and body bars. This class will provide you with a good, safe, effective workout!	45' or 55'	Low to Moderate	<ul style="list-style-type: none"> <li>Improves heart &amp; lung fitness</li> <li>Tones &amp; shapes</li> <li>Reduces Stress</li> </ul>	Eldersburg, Towson, Virtual
STRENGTH CARDIO CORE	barre fusion	Increase overall strength, endurance, coordination, range of motion and flexibility through mindful movement. Barre Fusion is a low-impact total body workout that combines Pilates Movement Principles, Yoga and Dance. There is a strong focus on alignment and form as high-rep/small range of motion and isometric exercises tone and strengthen muscles. In addition to strength in stillness, larger dynamic movements are incorporated for cardio intervals. P Find your BURN and reduce stress while lifting your mood (and your seat)! Barre Fusion is a fun way to get fit and focused!	45' or 55'	Low to Moderate	<ul style="list-style-type: none"> <li>Tones &amp; shapes</li> <li>Improves functional strength for balance &amp; mobility</li> </ul>	Eldersburg, Towson, White Marsh, Virtual
STRENGTH CARDIO CORE	boot camp	A fusion of plyometric, bodyweight, calisthenic, weights, and resistance based exercises designed to do one thing, BURN CALORIES! If you want results, Boot camp is the class for YOU!	45' or 55' or 30'	Moderate to High	<ul style="list-style-type: none"> <li>Improves heart &amp; lung fitness</li> <li>Improves agility, coordination, strength &amp; endurance</li> <li>Tones &amp; shapes</li> </ul>	Canton, Downtown, Eldersburg, Fort Ave, Towson, White Marsh, Virtual
STRENGTH CARDIO CORE	boxing	Merritt Ringside is a fitness-based boxing workout that will leave you feeling like a champ! Using heavy bags, boxing training techniques and boot camp style cardio drills, this class will make you sweat and feel like a prize fighter! Bring your boxing gloves and hand wraps (available for sale at our Pro Shop).	55'	Moderate to High	<ul style="list-style-type: none"> <li>Tones &amp; shapes</li> <li>Increases strength &amp; endurance</li> <li>Builds self-confidence</li> </ul>	Downtown, Virtual
STRENGTH CARDIO CORE	SoulBody LIIT	SB LIIT brings interval training to everyone with low impact options. A great way to build endurance with low impact cardio intervals and strength with body weight training exercises. This class can be performed in bare feet, creating a strong foundation and is accessible for those looking for an alternative to high impact cardio classes.	30'	Low to Moderate	<ul style="list-style-type: none"> <li>Improves agility, coordination, strength &amp; endurance</li> <li>Improves heart &amp; lung fitness</li> <li>Tones &amp; shapes</li> </ul>	Eldersburg






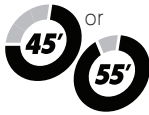
CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS	LOCATIONS AVAILABLE
STRENGTH CARDIO CORE	<b>LES MILLS</b> <b>BODYBALANCE</b>	BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and 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.	 45' or 55'	Low to Moderate	<ul style="list-style-type: none"> <li>• Improves joint flexibility &amp; range of motion</li> <li>• Tones &amp; shapes</li> <li>• Enhances mental wellbeing</li> </ul>	Buckingham, Downtown, Eldersburg, Towson, White Marsh
STRENGTH CARDIO CORE	<b>LES MILLS</b> <b>GRIT</b>   ATHLETIC	Athletic uses a bench and a weight plate combined with bodyweight exercises and other multi-dimensional sports conditioning training. It's a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete.	 30'	High	<ul style="list-style-type: none"> <li>• Increases cardio endurance</li> <li>• Builds strength</li> <li>• Burns calories</li> </ul>	Canton, Eldersburg, Fort Ave, Towson, White Marsh
STRENGTH CARDIO CORE	<b>LES MILLS</b> <b>GRIT</b>   STRENGTH	Strength is 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.	 30'	High	<ul style="list-style-type: none"> <li>• Increases strength and endurance</li> <li>• Burns calories</li> </ul>	Canton, Eldersburg, Fort Ave, Towson, White Marsh
STRENGTH CARDIO CORE	<b>PIYO</b> LIVE!	Sweat, stretch, and strengthen in one low-impact, body sculpting workout. PiYo LIVE cranks up the speed and intensity of traditional Pilates and yoga to help you shape sleek arms, flat abs, and a lifted butt - no equipment needed.	 45' or 55'	Moderate	<ul style="list-style-type: none"> <li>• Improves joint flexibility &amp; range of motion</li> <li>• Tones &amp; shapes</li> <li>• Strengthens the core</li> </ul>	Virtual
STRENGTH CARDIO CORE	 Healthways <b>Silver Sneakers</b> Fitness Program	An invigorating workout for older adults which includes exercises for muscular strength, flexibility, posture, balance, and non-impact aerobic conditioning.	 55'	Low	<ul style="list-style-type: none"> <li>• Improves heart &amp; lung fitness</li> <li>• Tones &amp; shapes</li> <li>• Reduces Stress</li> </ul>	Owings Mills
STRENGTH CARDIO CORE	<b>SoulBody</b> <b>BARRE</b>	SoulBody Barre is a one hour, mindfully intense class pulling from the principals of Pilates, yoga, dance and interval strength training.	 45' or 55'	Low to Moderate	<ul style="list-style-type: none"> <li>• Tones &amp; shapes</li> <li>• Improves functional strength for balance &amp; mobility</li> </ul>	Canton, Downtown, Eldersburg, Fort Ave, Towson, White Marsh, Virtual
STRENGTH CARDIO CORE	<b>SoulBody</b> <b>UNHITCHED</b>	A mindfully intense class with dynamic, isometric and isotonic movements that work the muscle, then transitioning to stretches.	 45' or 55'	Low to Moderate	<ul style="list-style-type: none"> <li>• Improves functional strength for balance &amp; mobility.</li> <li>• Tones &amp; shapes</li> </ul>	Buckingham, Canton, Cranbrook, Fort Ave, White Marsh, Virtual

## CARDIO & CORE



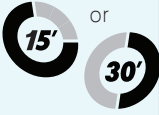



CARDIO CORE	 HIIT	High Intensity Interval Training - including cardio and strength exercises to burn maximum calories!	 30'	High	<ul style="list-style-type: none"> <li>• Increases cardio endurance</li> <li>• Burns calories</li> </ul>	Virtual
CARDIO CORE	<b>LES MILLS</b> <b>GRIT</b>   CARDIO	Cardio is 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.	 30'	High	<ul style="list-style-type: none"> <li>• Increases cardio endurance</li> <li>• Burns calories</li> </ul>	Canton, Eldersburg, Fort Ave, Towson, White Marsh
CARDIO CORE	<b>POUND</b> ROCKOUT. WORKOUT.	POUND® is a 45-minute cardio jam session, inspired by drumming. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities.	 45'	Moderate	<ul style="list-style-type: none"> <li>• Improves heart lung fitness</li> <li>• Strengthens the core</li> <li>• Improves coordination, speed, agility &amp; endurance</li> </ul>	Eldersburg

CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS	LOCATIONS AVAILABLE
<b>STRENGTH &amp; CORE</b>						
STRENGTH CORE		Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core, and improving coordination and balance.		Low to Moderate	<ul style="list-style-type: none"> <li>Improves joint flexibility &amp; range of motion</li> <li>Tones &amp; shapes</li> <li>Strengthens the core</li> </ul>	Eldersburg
<b>CARDIO</b>						
 CARDIO		Cardio cross training class that will increase strength, endurance, and agility all while burning calories.		Moderate to High	<ul style="list-style-type: none"> <li>Improves heart &amp; lung fitness</li> <li>Tones &amp; shapes</li> <li>Strengthens the core</li> </ul>	Owings Mills
 CARDIO		A vigorous cardio class without comparison. Start pedaling and let go as your instructor takes you for the ride of your life. Perfect for any fitness enthusiast, recreational cyclist or serious racer.		Moderate to High	<ul style="list-style-type: none"> <li>Improves heart &amp; lung fitness</li> <li>Increases leg strength &amp; endurance</li> </ul>	Canton, Cranbrook, Downtown, Eldersburg, Fort Ave, Owings Mills, Towson, White Marsh, Virtual
 CARDIO		Get the most out of the Matrix Technology! Undergoing the FTW test will allow you to establish your starting reference point for reaching maximum potential when using the matrix console.		Low to High	<ul style="list-style-type: none"> <li>Improves heart &amp; lung fitness</li> <li>Increases leg strength &amp; endurance</li> </ul>	Canton, Fort Ave, Towson
 CARDIO		A dance fitness program that inspires the mind and transforms the body while teaching the true skill of dance. This program empowers people to get moving through the power of Dance! Each LaBlast® class allows everyone – from the absolute beginner to the advanced dancer – to experience a customized routine chock-full of function and fun. From Disco to Tango, Rumba, Salsa, Cha Cha, Waltz and more, the program can be made challenging enough for a professional dancer or provide even the most rhythmically challenged a fun workout.		Low to Moderate	<ul style="list-style-type: none"> <li>Burn calories</li> <li>Tones &amp; shapes</li> <li>Develops self-expression</li> <li>Improves coordination</li> </ul>	Eldersburg, Virtual
 CARDIO		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!		Moderate to High	<ul style="list-style-type: none"> <li>Improves agility, coordination, strength &amp; endurance</li> <li>Improves heart &amp; lung fitness</li> </ul>	Canton, Downtown, Eldersburg, Fort Ave, Towson, White Marsh
 CARDIO		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, you strike, punch, kick and kata your way through calories to superior cardio fitness.		Moderate to High	<ul style="list-style-type: none"> <li>Tones &amp; shapes</li> <li>Increases strength &amp; endurance</li> <li>Builds self-confidence</li> </ul>	Canton, Cranbrook, Eldersburg, Towson, White Marsh







CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS	LOCATIONS AVAILABLE
 <b>CARDIO</b>		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 on 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.		Moderate to High	<ul style="list-style-type: none"> <li>• Burns calories</li> <li>• Tones &amp; shapes</li> <li>• Develops self-expression</li> <li>• Improves coordination</li> </ul>	Downtown, White Marsh
 <b>CARDIO</b>		Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP class you combine basic stepping with moves like burpees, push ups and weighted plate exercises to work the upper body. There are always lots of options to get you through the workout safely. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620 calories* and you'll leave buzzing with satisfaction.		Moderate to High	<ul style="list-style-type: none"> <li>• Improves heart &amp; lung fitness, agility &amp; coordination</li> <li>• Increases strength &amp; endurance</li> </ul>	Towson, White Marsh
 <b>CARDIO</b>		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.		Moderate to High	<ul style="list-style-type: none"> <li>• Improves heart &amp; lung fitness</li> <li>• Increases leg strength &amp; endurance</li> </ul>	Cranbrook, Fort Ave, Towson
 <b>CARDIO</b>		A vigorous cardio class utilizing THE MOST ADVANCED & EXCITING INDOOR CYCLING EXPERIENCE FOR EVERY RIDER...STAGES FLIGHT! Stages Flight is a dynamic multimedia fitness experience that enables indoor cyclists to set goals and track performance for the perfect workout. Great for any fitness enthusiast, recreational cyclist or serious racer. This class challenges your aerobic and anaerobic thresholds through various training techniques. All levels.		Moderate to High	<ul style="list-style-type: none"> <li>• Build lean muscle &amp; train your body to burn fat</li> <li>• Faster cardio results than with steady state training</li> <li>• Burn calories for hours after your workout</li> </ul>	Eldersburg
 <b>CARDIO</b>		Freestyle Step challenges your mind and body to take your fitness to a new level in this creative advanced step class. The choreography is exciting and the interest is high to help you improve coordination, body awareness and cardiovascular conditioning.		Moderate to High	<ul style="list-style-type: none"> <li>• Improves heart &amp; lung fitness, agility &amp; coordination</li> <li>• Increases strength &amp; endurance</li> </ul>	Downtown, Eldersburg, Owings Mills, Virtual
 <b>CARDIO</b>		LES MILLS SPRINT™ is built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good HIIT workout.		High	<ul style="list-style-type: none"> <li>• Build lean muscle &amp; train your body to burn fat</li> <li>• Faster cardio results than with steady state training</li> <li>• Burn calories for hours after your workout</li> </ul>	Canton, Cranbrook, Downtown, Fort Ave, Eldersburg, Towson, White Marsh
 <b>CARDIO</b>		SoulBody Power is a 30 minute cardio blast class that combines HIIT blocks with body-toning "barre" exercises to create that "perfect burn"! Get a full-body work-out that keeps the heart rate elevated while strengthening and toning muscles and building a strong core.		Moderate	<ul style="list-style-type: none"> <li>• Improves agility, coordination, strength &amp; endurance</li> <li>• Improves heart &amp; lung fitness</li> <li>• Tones &amp; shapes</li> </ul>	Buckingham, Canton, Fort Ave



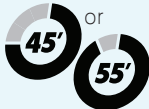











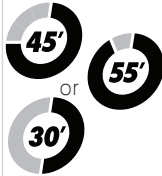

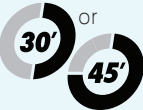


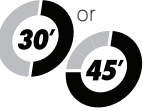
CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS	LOCATIONS AVAILABLE
 <b>CARDIO</b>		This class combines interval training on the treadmill to maximize caloric burn.		Moderate to High	<ul style="list-style-type: none"> <li>• Improves heart &amp; lung fitness</li> </ul>	Cranbrook
 <b>CARDIO</b>		Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.		Medium to High	<ul style="list-style-type: none"> <li>• Burn calories</li> <li>• Tones &amp; shapes</li> <li>• Develops self-expression</li> <li>• Improves coordination</li> </ul>	Buckingham, Cranbrook, Downtown, Eldersburg, Owings Mills, Towson, White Marsh, Virtual

## CORE

 <b>CORE</b>		This class is a total body challenge! It incorporates a combination of sports drills; focuses on glute and ab strengthening exercises; includes balance training; and concludes with stretching. Continuous movement keeps the heart-rate up. Options are provided to accommodate most fitness levels.		Moderate to High	<ul style="list-style-type: none"> <li>• Tightens &amp; tones</li> <li>• Core muscles improve functional strength for balance, mobility &amp; injury prevention</li> </ul>	Cranbrook, Downtown, Owings Mills, Towson, White Marsh, Virtual
 <b>CORE</b>		Les Mills CORE® really hones in on the torso and sling muscles that connect your upper body to your lower body. All the moves in CORE have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout 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.		Moderate to High	<ul style="list-style-type: none"> <li>• Tightens &amp; tones</li> <li>• Core muscles improve functional strength for balance, mobility &amp; injury prevention</li> </ul>	Buckingham, Canton, Cranbrook, Downtown, Eldersburg

## FLEX

 <b>FLEX</b>		A gently paced, inclusive yoga class that is accessible for beginners and all-levels. This is a perfect class for students regardless of age, experience, and health. In this class, we focus on breath, alignment, and opening the body by approaching postures in gradual steps with the use of props. Experience contemplative practice that aims to improve your overall healthy, both mind and body.		Low	<ul style="list-style-type: none"> <li>• Improve range of motion</li> <li>• Improve balance &amp; stability</li> <li>• Improve overall health, both mind &amp; body</li> </ul>	Downtown, Eldersburg, Towson, Virtual
 <b>FLEX</b>		<p>Our signature “Vinyasa Yoga” class in a heated room.</p> <p>Challenge your body and relax your mind in this moderate intensity, medium paced class. This well rounded all-level yoga class has something for everyone. You will connect flowing sequences to the steadiness to your breath. Attention to alignment is the focus as variations to the poses are introduced to grow your practice. Step into the flow, breathe, sweat, de-stress, and transform! This class will leave you feeling centered, empowered, and revitalized.</p> <p>This class is heated to 90 degrees to prepare your body for deeper opening and cleansing. Get ready to sweat. Be sure hydrate before, during, and after class!</p>		Moderate to High	<ul style="list-style-type: none"> <li>• Increase range of motion</li> <li>• Build strength &amp; balance</li> <li>• Increase cardio endurance</li> <li>• Restore the mind &amp; body</li> </ul>	Buckingham, Fort Ave, Towson

CATEGORY	PROGRAM	DESCRIPTION	DURATION	INTENSITY	RESULTS	LOCATIONS AVAILABLE
 FLEX		Kick your practice into high gear with an intense fast paced format. Power Yoga provides overall conditioning to improve balance, flexibility, and strength while continuing to utilize breath as the anchor to your practice. Take a step outside your comfort zone in this moderate to high intensity class as more challenging postures may be offered including arm balances and inversions. Encouragement is given in a non-competitive, non-judgmental environment to invite students to explore and grow their personal practice without pressure or expectation. This class will challenge your edge, endurance, and inner strength. Step into the flow, breathe, sweat, and transform.	 or	Moderate to High	<ul style="list-style-type: none"> <li>• Enhance physical strength &amp; mental strength</li> <li>• Enhance stamina and cardio vascular endurance</li> <li>• Enhance balance &amp; flexibility</li> </ul>	Canton, Downtown, Fort Ave, Owings Mills, Towson, White Marsh, Virtual
 FLEX		Challenge your body and relax your mind in this moderate intensity, medium paced class. This well rounded all-level yoga class has something for everyone. You will connect flowing sequences to the steadiness of your breath. Attention to alignment is the focus as variations to the poses are introduced to grow your practice. Step into the flow, breathe, sweat, de-stress, and transform! This class will leave you feeling centered, empowered, and revitalized.		Moderate	<ul style="list-style-type: none"> <li>• Build strength, balance &amp; flexibility</li> <li>• Increase cardio endurance</li> <li>• Restore the mind &amp; body</li> </ul>	All locations, Virtual
 FLEX		Breathe and relax. An introduction to Yoga that is an accessibly paced, breath centered practice focusing on alignment and body awareness. Modifications are given as traditional Yoga poses are sequenced to increase flexibility and strength. All levels of Yogis looking for a meditative and renewing practice will benefit from this safe and accessible class.		Low to Moderate	<ul style="list-style-type: none"> <li>• Educate, revive and balance</li> <li>• Increase flexibility</li> <li>• Increase strength</li> </ul>	Canton, Cranbrook, Downtown, Eldersburg, Fort Ave, Owings Mills, Towson, White Marsh, Virtual
 FLEX		SB Restore gently warms the body through unique yoga flows, creates mobility through dynamic stretching and uses restorative techniques (foam rolling) to release fascial tension in the body. This class will leave you feeling relaxed and centered.		Low to Moderate	<ul style="list-style-type: none"> <li>• Increase flexibility and strength</li> <li>• Enhances mental well-being</li> </ul>	Eldersburg
STRENGTH						
 STRENGTH		BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.	 or	Moderate to High	<ul style="list-style-type: none"> <li>• Increases strength &amp; endurance</li> <li>• Tones &amp; shapes</li> <li>• Helps maintain bone health</li> </ul>	All locations
KIDS CLASSES						
STRENGTH CARDIO CORE		Drop your kids off for this fun interactive class! Your children will play age-appropriate games, learn basic exercises, and have fun! Ages vary - see specific club schedule.	 or	Low to Moderate		Eldersburg, White Marsh
 FLEX		Stress has no age restriction! Yoga is a great way to de-stress and increase flexibility. During this class, children will learn the basics of yoga as well as meditation. Ages vary - see specific club schedule.	 or	Low	<ul style="list-style-type: none"> <li>• Improves flexibility, coordination, and balance</li> </ul>	Eldersburg, Towson, White Marsh