



Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 am Total Body Conditioning 45 min. Norma/Rhonda	5:30 am LES MILLS GRIT 30 min. Shelly/Terah	5:15 am Total Body Conditioning 45 min. Rhonda	5:30 am LES MILLS GRIT 30 min. Laurie		7:00 am LES MILLS BODYPUMP 55 min. Amanda
		6:00 am Hard Core 20 min. Shelly/Terah		6:00 am Hard Core 30 min. Laurie	8:00 am LES MILLS GRIT 30 min. Jamie	8:00 am Boot Camp In the Gym 55 min. Laurie/Shelly
9:00 am Body Sculpt 55 min. Kathy/KellyT/Rhonda	8:45 am LES MILLS BODYPUMP 55 min. Jamie	8:15 am Abs & Glutes 30 min. Kathy	8:45 am LES MILLS BODYPUMP 55 min. Megan	8:15 am Abs & Glutes 30 min. Kathy	8:30 am LES MILLS CXWORX 30 min. Jamie	8:05 am Power Stretch 45 min. Ellen/Kelly O.
	9:50 am Pilates 55 min. Karen	8:45 am Zumba 55 min. Mark	9:50 am Pilates 55 min. Karen	8:45 am Turbo Kick 55 min. Jamie	9:00 am Total Body Conditioning 55 min. Kathy	9:00 am Body Sculpt 55 min. Kelly O.
10:00 am Zumba 45 min. Jill/Valerie	11:00 am Fit For Life 55 min. Karen		11:00 am Fit For Life 55 min. Karen		10:00 am Fit For Life 55 min. Kathy	10:00 am INSANITY 55 min. Jen
11:00 am LES MILLS BODYPUMP 55 min. Valerie	12:00 pm Body Sculpt Express 45 min. Kathy/Kelly T	9:50 am Power Stretch 55 min. Brenda	12:00 pm Body Sculpt Express 45 min. Kathy/Laurie	9:50 am Power Stretch 55 min. Brenda		
		11:00 am Gentle Flow 55 min. Brenda		11:00 am Gentle Flow 55 min. Brenda	12:00 pm LES MILLS BODYPUMP 45 min. Valerie	
	4:15 pm LES MILLS BODYPUMP Express 45 min. Laurie	4:30 pm Body Sculpt 55 min. Elena	4:15 pm LES MILLS BODYPUMP Express 45 min. Valerie	4:30 pm Body Sculpt 55 min. Kelly O.		
	5:15 pm LES MILLS GRIT 30 min. Jen	5:30 pm TurboKick 55 min. Kelly O.	5:15 pm LES MILLS GRIT 30 min. Valerie	5:30 pm WERQ 55 min. Christina/Nicole	4:45 pm LES MILLS BODYPUMP 45 min. Rotation	
	6:00 pm LES MILLS BODYPUMP 55 min. Jen		6:00 pm LES MILLS BODYPUMP 55 min. Jen			
	6:00 pm INSANITY 55 min. in the Gym Terah/Sarynn	6:30 pm LES MILLS CXWORX 30 min. Kristina		6:30 pm Pilates Barre 45 min. Ellen		
	7:00 pm WERQ 45 min. Jacquelyne/Tiffany		7:00 pm Zumba 45 min. Maren/Teri			

LES MILLS
BODYPUMP

LES MILLS
GRIT

LES MILLS
CXWORX

Spinning® Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 am Spin Express 45 min. Shelly	5:45 am <small>LES MILLS</small> sprint 30 min. Heidrun		5:45 am <small>LES MILLS</small> sprint NEW TIME 30 min. Heidrun	5:45 am Spin 60 min. Jill	7:15 am Spin 60 min. Tammy
8:15 am Spin 60 min. Heidrun	8:30 am Spin Express 45 min. Bruce	8:45 am Spin 60 min. Tammy	8:30 am Spin Express 45 min. Dawn/Tara	8:45 am Spin 60 min. Katie	8:30 am Spin Express 45 min. Shannon	8:30 am <small>LES MILLS</small> sprint 30 min. Amanda
			5:30 pm Spin 60 min. Heidrun			
		5:30 pm Spin Express 45 min. Doug				

Water Fitness & Pool Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 am Power in Motion 50 min. Beth		9:00 am Power in Motion 50 min. Norma Jean	10:00 am Aqua Strength & Endurance 60 min. Katie		9:00 am Aqua Boot Camp 60 min. Rotation
1:00 pm Family Swim 2 hours	10:00 am Aqua Strength & Endurance 60 min. Beth	6:00 pm Water Power 60 min. Vicki	10:00 am Aqua Strength & Endurance 60 min. Norma Jean	6:00 pm Water Power 60 min. Vicki	10:00 am Aqua Strength & Endurance 60 min. Jennifer	10:00 am Family Swim 2 hours

Spinning® is challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories. Because Spinning® is low impact it is suitable for most people, and our classes can accommodate all ability levels.

The Spinning program incorporates five Energy Training Zones: *Recovery *Endurance *Strength *Interval *Race Day

New Participants:

Please arrive 15 minutes prior to class time. New riders are encouraged to attend our INTRO class held on Sundays at 4:00 pm. Your Spinning instructor will help you with bike set up and a sample ride.

What to bring:

- Padded cycling shorts • Stiff soled shoes or cycling shoes • Water, before during and after your ride • Towel •
- Moisture wicking clothing (Lightweight shirt such as a cycling jersey to keep you cool and dry) •
- Heart rate monitor. The Spinning program is based on hear rate parameters. If you do not have a monitor that is okay too. •

Water Exercise Classes provide lower impact on the joints but more resistance for muscle toning and cardio conditioning.

*Water shoes are strongly recommended but not required.

Aqua Boot Camp - This class is a rigorous cross training workout combining bursts of cardiovascular exercises, water aerobics, modified plyometrics and strength training. It is a great way to improve your fitness level.

Aqua Strength & Endurance - This class emphasizes total body conditioning using natural resistance of the water.

Participants can vary their own pace to suit their unique goals and needs. We will begin with a 5-minute warm up and stretch followed by 40 minutes of cardio, then 15 minutes of strength training.

Power in Motion - An intensive 50-minute class challenging your fitness to the next level. Taking full advantage of the benefits of water resistance by traveling in the pool in various ways. We will use a variety of resistance equipment, High Intensity Interval Training (HIIT) and spurts of Tabata to make you sweat!

Water Power - This is a high intensity total body conditioning class. This class includes cardiovascular moves that help strengthen the body by using the properties of the water. Buoyant and resistant equipment is utilized to increase strength, endurance and flexibility.

Group Exercise Class Descriptions

ABS AND GLUTES: A challenging class focusing on the abdominal and gluteal muscles.

BARRE PILATES: This unique workout will include progressive abdominal mat work, and a variety of toning exercises for the hips, thighs and glutes that will challenge and improve stability and balance from head to toe.

CORE FLOW: Join us as we blend core strength with smooth flows and sequences that renew the body and mind. Leave class feeling strong, refreshed, and ready to take on your day! Great compliment to your GRIT class. All levels are welcome.

LES MILLS BODY PUMP: A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven 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.

BODY SCULPT: A strength training workout employing stability balls, hand weights, body bars, resistance bands and med balls to sculpt, define and tone the upper and lower body. Classes may include short cardio interval drills for additional conditioning.

BOOT CAMP: This class delivers a comprehensive and blanketed approach for the intense and motivated fitness enthusiast! Designed to challenge your entire body with muscle conditioning exercises, athletic and cardio drills that will challenge your muscular endurance and anaerobic capacity.

LES MILLS CXWORX: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX 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.

FIT FOR LIFE: Fit for life is fun, functional and effective. Build strength, increase endurance, improve bone density and balance. This class is designed with an older adult population in mind or for those who would like a less vigorous fitness option.

GENTLE FLOW: A gentle sequence of movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind without the repetitive flowing up & down movements of Power Stretch.

LES MILLS GRIT™ CARDIO: is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT™ PLYO: is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

LES MILLS GRIT™ STRENGTH: is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

HARD CORE: This Integrated-All-Core-Muscle-Group format includes strength and stability techniques to trim and tone the entire core section using both body weight and equipment.

INSANITY: A high-intensity cardio conditioning class that requires no equipment-just your own body weight and energy. No matter what your level, beginner to athletic, this class is for everyone. You will love all the options offered for your personal intensity.

PILATES: Core strength is the foundation of Pilates exercises. This unique system of body conditioning will improve posture, flexibility and balance, while strengthening the entire core.

Group Exercise Class Descriptions, *continued*

POWER STRETCH: In this class, you will perform a progressive series of exercises that will focus on improving core stability, strength, balance and flexibility.

LES MILLS SPRINT™: A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results and drives your body to burn calories for hours.

TOTAL BODY CONDITIONING: Take body sculpting to the next level. This strength training workout employing stability balls, hand weights, body bars, resistance bands and med balls to sculpt, define and tone the upper and lower body. Classes will include short cardio interval drills for additional conditioning.

TURBO KICK: Class is packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises. You'll leave every class dripping sweat and ready to conquer anything! **Total Body Cardio:** Sculpt your upper and lower body and burn major calories with rhythmic kickboxing combinations.

WERQ: Build cardio endurance by dancing to today's hottest top 40 pop, rock and hip-hop music. WERQ up a sweat on the dance floor to all of your favorite charting hits.

ZUMBA: The craze across the country! Latin inspired workout will give you cardio, and great target toning of the glutes, legs, abs, and arms. Great class to come to with your friends and have a blast!

MASSAGE THERAPY

Packages may be split into monthly payments.

One free hour added to a package of 10+ hrs if paid in full.

SINGLE SESSIONS	MASSAGE MEMBER
30 mins\$49	One massage / month \$55
60 mins\$74	Two massages / month \$99
90 mins\$99	<i>based on a 12 month plan</i>
120 mins\$124	

MULTI-MINUTE PACKAGES

5 hrs \$60 hr	\$300
10 hrs \$58 hr	\$580
15 hrs \$56 hr	\$840
25 hrs \$50 hr	\$1250

Group Exercise Policies

Always inform your physician before starting a new exercise program. Inform the instructor and club of any health issues or if you become pregnant.

Workout at your own pace and listen to your body. If something hurts, stop. Know the difference between muscle discomfort and actual pain. Work within your target heart rate. If you are unsure, ask an instructor.

Be considerate of others in class. For the safety of all members be sure to keep a safe distance between you and other members/instructor, do not use equipment/weights unless instructed by an instructor, and follow class format and routine as instructed.

Wear a separate pair of workout shoes for in the club. This keeps your shoes in shape and helps maintain the studio floors.

Bring a water bottle and be sure you keep hydrated through the class.

All equipment should be returned to it's proper place at the conclusion of each class. Equipment may not be removed from the studio door unless instructed by an instructor.

Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 10 people may be dropped.

Always make sure you sign in each class!

Spin, *Les Mills* Body Pump and *Les Mills* Grit class sign ups are located at the Front Desk.

Spin, *Les Mills* Body Pump and *Les Mills* Grit class tags are available 1/2 hour before each class.

NOT SURE WHICH FITNESS CLASSES ARE RIGHT FOR YOU?
CONTACT OUR GROUP FITNESS MANAGER FOR A FREE CLASS CONSULTATION OR WITH ANY QUESTIONS OR CONCERNS.

Jamie Steuart

Group Fitness Manager

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