

Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am LES MILLS BODYPUMP 45 min. Laurie	5:45 am tone 45 min. Jenn M	5:45 am LES MILLS BODYPUMP 45 min. Vikki	5:45 am LES MILLS BODYBALANCE Yoga 45 min. EmilyJo	5:30 am LES MILLS BODYPUMP 45 min. Laurie	
8:00 am LES MILLS GRIT 30 min. CARDIO ATHLETIC Shelly/ Amy S						8:00 am LES MILLS BODYPUMP 55 min. Jennifer
9:00am LES MILLS BODYPUMP 55 min Shelly/Amy D	8:45 am LES MILLS BODYPUMP 55 min. Jenn M	8:45 am LES MILLS BODYCOMBAT 30 min. Amy S	8:45am LES MILLS BODYPUMP 55min. Jenn K	8:45 am NEW TIME tone 45 min. Jenn M	8:45 am LES MILLS BODYPUMP 55 min. Shelly	8:00am Boot Camp 55 min. Laurie/Shelly
10:00am 30 min. LES MILLS CORE Sarrut/Amy D		9:15 am Hard Core 30 min. Amy S			9:45 pm NEW! LES MILLS GRIT 30 min. CARDIO ATHLETIC Shelly	9:00am Body Sculpt 55 min. Kelly O.
10:30 am  ZUMBA 45 min. Fran	10:00 am Pilates 55 min. Karen	10:00 am NEW! SHINE DANCE FITNESS 45 min. Nina/Jenn M	10:00 am Pilates 55 min. Karen/Nina	10:00 am Cardio Dance 55 min. Mark	10:30 am Fit For Life 45 min. Kat	10:00 am LES MILLS BODYBALANCE Yoga 45 min. Amanda
	11:00 am Fit For Life 55 min. Karen	11:00 am Yoga Flow 55 min. Brenda	11:00 am Fit For Life 55 min. Karen / Nina	11:00 am Gentle Yoga 55 min. Brenda	11:15 am NEW TIME Groove 40 min. Gaylene 	11:00 am WERQ 55 min. Keena/Manal
		12:00 pm NEW! CHAIR Yoga 45 min. STARTS Brenda Feb 7th		12:00 pm NEW! CHAIR Fit 45 min. STARTS Mark Feb 9th	12:00 pm 45 min. LES MILLS BODYPUMP Valerie/Diana	
	4:00 pm LES MILLS BODYPUMP 45 min. Jenn G		4:00 pm LES MILLS BODYPUMP 45 min. Valerie			
	5:00 pm LES MILLS CORE 30 min. Laurie	4:30 pm Body Sculpt 45 min. Elena	5:00 pm LES MILLS CORE 30 min. Valerie	4:30pm Body Sculpt 45 min. Kelly O.		
5:15 pm Slow Flow Yoga 55 min. Irene	5:30 pm LES MILLS GRIT 30 min. STRENGTH Jen	5:15 pm NEW! Pilates 45 min. Kelly O.	5:30 pm LES MILLS GRIT 30 min. ATHLETIC Valerie	5:15 pm NEW TIME LES MILLS BODYCOMBAT 45 min. Sarynn		
	6:00 pm LES MILLS BODYPUMP 55min. Jen	6:00 pm LES MILLS BODYCOMBAT 55 min. Sarynn	6:00 pm LES MILLS BODYPUMP 55min. Jen	6:00 pm NEW TIME WERQ 55 min. Nicole/Christina		
	7:00 pm Turn Up & WERQ 55 min. Jacquelyne/Tiffany	7:00 pm  Turn Up 55 min. Alison	7:00 pm LES MILLS BODYBALANCE Yoga 55 min. EmilyJo	7:00 pm NEW TIME Slow Flow Yoga 55 min. Irene		

Online registration prior to class is recommended to reserve your space and equipment.

Please unregister for classes that you cannot attend if you are on the roster.

See membership if your online account has not been activated yet.

Group Fitness Class Descriptions

LES MILLS BODYBALANCE YOGA: Ideal for anyone and everyone, BODYBALANCE is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

LES MILLS BODYPUMP: 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. 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.

LES MILLS BODYCOMBAT: Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning major calories along the way! This high-energy, martial-arts inspired workout is completely non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

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.

CARDIO DANCE: Cardio Dance is an exhilarating cardio class choreographed to top hits with easy to follow movement combinations. Various rhythms and genres are used to create a fun and dynamic fitness experience.

CHAIR FIT: This low intensity workout combines cardio, strength and flexibility, all modified to a seated or chair-supported standing position. It's a perfect exercise class for seniors, those just starting an exercise routine, those with balance issues, those recovering from an injury or surgery or anyone who needs a very low intensity workout.

CHAIR YOGA: Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility and mobility, reduction of stress, better concentration and increased strength.

HARDCORE: an intense conditioning session designed to build strength, stability and power, using an Integrated-All-Core- Muscle Group format. Participants will perform exercises with both equipment and/or body weight.

LES MILLS CORE: Exercising muscles around the core, Les Mills Core™ 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 have options, so it's challenging but achievable for your own level of fitness. During this 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 YOGA: A gentle sequence of Yoga based movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind without the repetitive flowing up and down movements of a Power Flow class.

LES MILLS GRIT™ ATHLETIC: is a 30-minute high-intensity interval training (HIIT) sports conditioning 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 your overall athletic performance: strength, agility, speed and power. LES MILLS GRIT Athletic 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™ 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™ 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.

GROOVE: Groove is a unique way to experience movement through dance, together as a group! It is super fun, surprisingly simple and dynamically interactive. Groove is designed to bring creativity and connection to yourself and to each other.

Group Fitness Class Descriptions

Continued

SHINE™ DANCE FITNESS: SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.

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.

LES MILLS TONE™: If you want the optimal mix of strength, cardio and core training, this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

TURN UP: Hip hop based dance fitness & HIIT (high intensity interval training) workout. By combining dance with elements of fitness (Work, Shake, Flex, Slay-#CoreFour) in a culture that fosters teamwork, community and energy, we are able to connect and use our workout as therapy, a release, happy hour for that matter, as well as a way to stay active, healthy, and get physical results.

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.

YOGA FLOW: A flowing sequence of Yoga based movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind.

FLOW YOGA: Students will spend time moving through various asanas using the steady rhythm of their breath. This vinyasa all level class is a great way to build strength, focus, and learn mindfulness techniques.

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!

GROUP FITNESS POLICIES

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

Work out at your own pace and listen to your body. If something hurts, stop. Learn the difference between muscle discomfort and pain. Work within your target heart rate or level of perceived exertion. If you are unsure, ask an instructor.

Be considerate of others in class. Do not use equipment/weights unless directed by an instructor, and follow class format and routine as instructed.

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

Bring a water bottle and be sure you hydrate throughout 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 unless directed 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.

*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.*

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