



## Group Fitness Schedule

**Total Body Training** · · The ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn, using a variety of equipment, including TRX, BOSU, dumbbells, resistance bands, medicine balls, or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you, #TBT. **Total Body Training Express** is a shortened version of this format.

**Vinyasa Flow Yoga** · · This dynamic and physically demanding style of yoga is energetic and heating, as it flows from one pose to the next. Great for building stamina and strength. Experience meditation through movement. Prior experience suggested but not required.

**Water Workout: Athletic** · · This results-producing pool workout uses the natural resistance properties of the water, plus equipment including kick boards, water weights, noodles and more, with little to no impact on the joints. HIIT, Tabata and plyometric drills challenge speed, power and strength, build endurance, stamina and improve athletic performance. All fitness levels welcome. An All Club Access Class.

**Water Workout: Cross Training** · · Intervals of cardio, resistance training and core movements in the pool improve endurance, strength, coordination, balance and flexibility. Burn fat and build strong, lean muscle mass with low to no joint impact. Exercises and intensity can be modified and adapted for participants of all levels: from those just beginning a fitness routine, to those recovering from an injury, to elite athletes on a rest/recovery day. An All-Club-Access class.

**Yoga (Multi-Level)** · · This class allows for a variety of experience levels from beginner to advanced. The instructor challenges the skill level of each participant. Students are encouraged to work at their own pace and build their yoga practice slowly over time. No prior experience required.

**Yoga Sculpt** · · Yoga Sculpt is a modern form of yoga that combines Vinyasa Yoga, strength training, cardiovascular fitness and core work. This yoga class uses weights to strengthen the practice, while helping tone and shape the body. Burn calories, build stamina, increase strength and flexibility and increase lean muscle mass.

**Zumba®** · · Are you ready to party yourself into shape? That's exactly what the Zumba class is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.



## Group Fitness Schedule

Effective January 2, 2019

### Class Descriptions

**Ashtanga Power Yoga** · · This vigorous method of yoga involves synchronizing breath with a progressive sequence of postures to help build strength flexibility and detoxify the body. Progress is easily assessed because the sequence is always the same.

**Ballet Burn** · · Raise the bar on your workout. Ballet Burn is a results driven fitness class utilizing hand weights and ballet based movement to create lean lines and improve flexibility and posture. No experience, or barre needed.

**Barre** · · Designed to effectively strengthen, tone and balance the entire body, these are fat burning workouts that integrate the use of the ballet barre and various props. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body. These are challenging, no impact classes that produce maximum results. • **Reserve your spot up to 60 minutes before class.**

**Barre BURN** · · High-intensity, endurance driven, low impact exercises designed to strengthen, tone and balance the entire body. Through resistance and repetition, these are fat burning workouts that integrate the use of the ballet barre and various equipment. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body. • **Reserve your spot up to 60 minutes before class.**

**BODYPUMP™** · · BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. This program is based on THE REP EFFECT, a proven formula that exhausts muscles using light weights, while performing high repetitions - this is the secret to developing lean, athletic muscle. • **Reserve your spot up to 60 minutes before class.**

**CXWORX™** · · Six tracks to a six pack. Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! CXWORX really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**GRIT™ Cardio** · · LES MILLS GRIT Cardio is a high-impact, high intensity, high energy cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines body weight exercises and uses no equipment.

**GRIT™ Strength** · · Using barbell, weight plate and body weight exercises, LES MILLS GRIT Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

**HIIT** · · High Intensity Interval Training (HIIT) is cardio training where short, very high intensity intervals are combined with longer, slower intervals to recover. Increase metabolism, muscle mass and performance and brain power and burn fat using a variety of equipment or just your own body weight.

**Kickboxing: Skills & Drills** · · This intense kickboxing class incorporates agility and strength into cardio training and total body conditioning using hand wraps, boxing gloves, focus mitts, jump ropes, medicine balls and occasionally heavy bags. It is a high intensity, high energy workout, open to all levels.

**Pilates Mat** · · Strengthen, stretch and lengthen your muscles while improving posture and reducing stress and tension. Whether you are a beginner or have participated in many Pilates Mat classes, this class is structured for you. Instructors are prepared to challenge the skill level of each person and will give direction and modifications to ensure that you can work with what feels best.

**SPRINT™** · · LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum 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 will smash your fitness goals and burn calories for hours after each workout. • **Reserve your spot up to 60 minutes before class.**

**Step** · · This high-energy workout uses a height-adjustable platform as an apparatus to step on, over or around to create patterns for high intensity, cardio conditioning.

**Studio Cycle** · · An exhilarating indoor cycling class, highly effective in cardio and strength training. On a stationary bike, riding to awesome music and motivated by an inspiring instructor, one can burn up to 600 calories in a 50-minute class. Work glutes, calves, quads, hamstrings and core, and over time, decrease body fat and improve overall cardiovascular function. Studio Cycle Express is a shortened version. • **Reserve your spot up to 60 minutes before class.**

**Studio Strength** · · Improve muscle tone and strength and increase your rate of calorie burn. Inspired by the latest training trends this class may use any combination of weights, balls, bands or tubes for the ultimate strength training experience. Working multiple muscle groups simultaneously, it's an intense total body workout designed to define every muscle in every way in a group studio setting. **Studio Strength Express** is a shortened version of this format.

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# Group Fitness Schedule

Effective January 2, 2019

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
6:00 – 6:50 am	Studio Cycle	Noel D. C
6:00 – 7:00 am	BODYPUMP	Alyssa O. 1
7:00 – 8:00 am	Vinyasa Flow Yoga	Mindy G. 2
8:00 – 9:00 am	Total Body Training	Mindy G. 1
9:30 – 10:20 am	Studio Cycle	Sarah R. C
10:30 – 11:00 am	CXWORX	Sarah R. 1
12:00 – 1:00 pm	Cardio Jam	Stephanie F. 1
12:00 – 1:00 pm	Barre	MacKay W. 2
5:00 – 5:30 pm	GRIT Cardio	Melinda M. 1
5:30 – 6:30 pm	BODYPUMP	Melinda M. 1
5:30 – 6:30 pm	Yoga (Multi-Level)	Ashley S. 2
6:00 – 6:50 pm	Studio Cycle	Amy S. C
6:30 – 7:15 pm	Step	Stephanie F. 1
6:30 – 7:30 pm	Vinyasa Flow Yoga	Stefanie C. 2
7:00 – 7:30 pm	SPRINT	Amy S. C
7:15 – 8:15 pm	Kickboxing: Skills & Drills	Frank R. 1

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Tuesday</b>		
5:30 – 6:00 am	GRIT Strength	Cheryl N. 1
6:00 – 6:30 am	CXWORX	Cheryl N. 1
6:00 – 7:00 am	Barre BURN	Jessica M. 2
6:30 – 7:20 am	Studio Cycle	David S.A. C
9:00 – 9:30 am	HIIT	Jody B. 1
9:00 – 10:00 am	Vinyasa Flow Yoga	Mindy G. 2
9:30 – 10:00 am	Studio Strength Express	Jody B. 1
9:30 – 10:20 am	Studio Cycle	Stephanie B.J. C
10:00 – 11:00 am	Ballet Burn	Katie D. 2
12:00 – 12:50 pm	Studio Cycle	Traci C. C
12:00 – 1:00 pm	Water Workout: Cross Training	Stephanie B.J. P
4:00 – 4:30 pm	HIIT	Laura D. 1
4:30 – 5:30 pm	Yoga (Multi-Level)	Laura D. 2
5:30 – 6:00 pm	CXWORX	Donna P. 1

TIME	CLASS	INSTRUCTOR / STUDIO
6:00 – 6:45 pm	Total Body Training	Donna P. 1
6:00 – 6:50 pm	Studio Cycle	Peter H. C
6:00 – 7:00 pm	Pilates Mat	Penny S. 2
6:45 – 7:45 pm	BODYPUMP	Hannah C. 1
7:00 – 8:00 pm	Barre BURN	Hayley R. 2

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Wednesday</b>		
6:00 – 6:50 am	Studio Cycle	Lindsay A. C
6:00 – 7:00 am	Vinyasa Flow Yoga	Samantha M. 2
9:00 – 9:30 am	HIIT	Laura D. 1
9:00 – 10:00 am	Yoga Sculpt	Kraig F. 2
9:30 – 10:00 am	Hard Core	Laura D. 1
9:30 – 10:45 am	Studio Cycle (75min)	Julie S. C
11:15 – 12:15 pm	Zumba	Alberto A. 1
12:15 – 1:00 pm	Ballet Burn	Alberto A. 2
5:00 – 6:00 pm	Yin Yoga	Jen G. 2
5:30 – 6:00 pm	HIIT	Stephanie F. 1
6:00 – 6:45 pm	Total Body Training Express	Stephanie F. 1
6:00 – 6:50 pm	Studio Cycle	Jill P. C
6:00 – 7:00 pm	Barre	Jen W. 2
6:45 – 7:45 pm	Kickboxing: Skills & Drills	Frank R. 1
7:00 – 8:00 pm	Water Workout: Cross Training	Carlye W. P
7:00 – 8:00 pm	Yoga Sculpt	Stephanie F. 2

1 = Studio 1      2 = Studio 2      C = Cycle Studio  
P = Pool      CF = Cardio Floor

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:00 – 7:00 am	BODYPUMP	Stephanie B.J. 1
7:00 – 7:30 am	SPRINT	Stephanie B.J. C
9:00 – 9:45 am	Tread & Shred	Jody B. CF
9:00 – 10:30 am	Yoga (Multi-Level)	Samantha M. 2
9:45 – 10:15 am	Studio Strength Express	Jody B. 1
12:00 – 12:50 pm	Studio Cycle	Julie S. C
12:00 – 1:00 pm	Barre	Megan G. 2
12:00 – 1:00 pm	BODYPUMP	Adam B. 1
12:00 – 1:00 pm	Water Workout: Athletic	Stephanie B.J. P
5:00 – 5:30 pm	HIIT	Libby R. 1
5:30 – 6:00 pm	CXWORX	Libby R. 1
5:30 – 6:30 pm	Yoga Sculpt	Paul R. 2
6:00 – 6:50 pm	Studio Cycle	Donna P. C
6:00 – 7:00 pm	BODYPUMP	Karlie D. 1
6:30 – 7:45 pm	Yoga (Multi-Level)	Meghan M. 2
7:00 – 8:00 pm	Zumba	Stephanie F. 1

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Friday</b>		
6:00 – 6:50 am	Studio Cycle	David S.A. C
6:00 – 7:00 am	Barre	Hayley R. 2
9:30 – 10:20 am	Studio Cycle	Julie S. C
10:30 – 11:30 am	BODYPUMP	Carlye W. 1
12:00 – 12:45 pm	Total Body Training Express	Patti Z. 1
12:00 – 1:00 pm	Vinyasa Flow Yoga	Samantha M. 2
4:30 – 5:30 pm	Yoga (Multi-Level)	Mary K. 2
5:00 – 5:30 pm	SPRINT	Alexis A. C
5:30 – 7:00 pm	Ashtanga Power Yoga	Mary K. 2

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Saturday</b>		
8:00 – 9:00 am	Yoga Sculpt	Scott Z. 2
8:30 – 9:00 am	HIIT	Libby R. 1
9:00 – 9:30 am	CXWORX	Libby R. 1
9:00 – 9:50 am	Studio Cycle	Jen P. C
9:00 – 10:00 am	Pilates Mat	Penny S. 2
9:30 – 10:30 am	BODYPUMP	David R. 1
10:00 – 10:50 am	Studio Cycle	Stephanie H. C
10:00 – 11:00 am	Yoga (Multi-Level)	Ashley S. 2
10:30 – 11:30 am	Kickboxing: Skills & Drills	Frank R. 1
11:30 – 12:30 pm	Zumba	Laura L.D. 1

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Sunday</b>		
8:30 – 9:00 am	GRIT Cardio	Cheryl N. 1
9:00 – 9:50 am	Studio Cycle	Traci C. C
9:00 – 10:00 am	BODYPUMP	Libby R. 1
10:30 – 11:30 am	Vinyasa Flow Yoga	Meghan M. 2
10:30 – 11:30 am	Total Body Training	DeWitt W. 1
11:30 – 12:30 pm	Barre	Meghan M. 2
4:00 – 4:50 pm	Studio Cycle	David S.A. C
5:00 – 6:15 pm	Yoga (Multi-Level)	Mindy G. 2