



Group Fitness Schedule

Hip Hop/Funk ···Get your workout in while dancing with this straight-forward, funky, hip hop street dance class. Groove and burn calories, as each move is broken down to its most simple form. No dance experience needed, just a fun attitude. Movements are mostly low impact.

Hot Room Yoga ···The room is heated to allow you to go deeper into the poses and to release toxins from your body. This form of yoga helps increase your flexibility, build strength and coordination through poses that focus on the mind and body.

Meditation ···Improve concentration and awareness through meditation. Learn how to focus on the breath and connect the mind, body and spirit for greater peace and relaxation. Take the preceding yoga class as preparation or just come for the group guided meditation. Newcomers encouraged.

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.

Pilates Mat (Advanced) ···Pilates Mat at a faster pace and fewer explanations of exercise concepts. To attend this class, you should feel confident with your Pilates practice and be familiar with exercise names and mat sequences.

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.**

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.

• **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.

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.

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.

Yin Yoga ···Yin Yoga focuses on the connective tissue (yin) rather than muscle (yang). Poses are held for long periods of time. Blocks and straps are used to accomplish the proper stretching of connective tissue and increase flexibility of the joints.

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.



Group Fitness Schedule

Effective September 1, 2020

Class Descriptions

Aqua: Athletic ··· A more demanding water class designed with higher intensity moves for members with an established cardio base. This class uses equipment including kick boards, water weights, resistance bands 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. An All Club Access Class.

Aqua: TBT ··· Total Body Training in the pool! This is 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 water equipment or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you. An All Club Access Class.

Aqua Yoga ··· Aqua Yoga is a gentle and very low impact aquatic activity where the instructor takes the principles and movements of yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved. An All Club Access Class.

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.

BODYATTACK™ ··· BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. BODYATTACK is a whole-body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do. **BODYATTACK™ Express** is a shortened version of this format.

BODYCOMBAT™ ··· This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. BODYCOMBAT works your legs, tones your arms, back and shoulders and provides phenomenal core training. You destroy calories, develop coordination, agility and speed, and feel empowered. **BODYCOMBAT™ Express** is a shortened version of this format.

BODYJAM™ ··· BODYJAM is the cardio workout with an addictive fusion of the latest dance styles and hottest new sounds, putting the emphasis on having fun as much as on breaking a sweat. If you want to dance, there's nothing like it. House, Hip-Hop, Drum n Bass, Trap, all styles of electronic dance music, it's the soul of BODYJAM. This is legit!

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. **BODYPUMP™ Express** is a shortened version of this format. • **Reserve your spot up to 60 minutes before class.**

Boxing Challenge ··· Learn proper and authentic boxing techniques, punches and footwork. Use authentic equipment: hand wraps, boxing gloves, focus pads and sometimes heavy bags. Sharpen your movements and gain self confidence. No boxing experience necessary. Advanced boxing drills can be provided for more experienced participants.

Cardio Sculpt ··· Target all the major muscle groups, strengthen your core, burn calories and improve your cardio fitness. This class focuses on compound exercises, using a variety of equipment, to build strength and keep you on the move.

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™ Athletic ··· LES MILLS GRIT Athletic is a plyometric-based workout that delivers fast results! Combining the principles of explosive plyometrics and power agility training, you'll build a powerful, agile and athletic body.

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.

Hard Core ··· This class is centered around muscles in the back, abs and glutes. Engage in the newest and safest techniques to improve core strength and general functionality. All levels welcome.

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.

[continued on back page]



Group Fitness Schedule

Schedules subject to change. Please refer to CAC's new app for updates.

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:15 – 7:05 am	Studio Cycle	Noel D. C
8:30 – 9:30 am	BODYPUMP	Jennifer T. 1
9:30 – 10:20 am	Studio Cycle	Jennifer T. C
10:30 – 11:30 am	Yoga (Multi-Level)	Erica M. 2
5:30 – 6:30 pm	BODYPUMP	Sarah R. 1
5:45 – 6:45 pm	Yoga (Multi-Level)	Brittany Z. 2
6:00 – 6:30 pm	SPRINT	Jason P. C
6:45 – 7:15 pm	CXWORX	Jason P. 1
7:00 – 7:50 pm	Studio Cycle	Stephanie H. C

Tuesday		
6:15 – 7:15 am	BODYPUMP	Jennifer T. 1
7:30 – 8:00 am	SPRINT	Jennifer T. C
8:15 – 8:45 am	GRIT Strength	Nikki S. 1
8:30 – 9:20 am	Studio Cycle	Jennifer T. C
9:00 – 9:30 am	CXWORX	Nikki S. 1

TIME	CLASS	INSTRUCTOR / STUDIO
9:45 – 10:45 am	Studio Strength	Lisa H. 1
12:00 – 1:00 pm	Ashtanga Power Yoga	Mary K. 2
5:45 – 6:30 pm	BODYCOMBAT Express	Jojo Y. 1
5:45 – 6:45 pm	Vinyasa Flow Yoga	Brittany Z. 2
6:00 – 6:50 pm	Studio Cycle	Jennifer T. C
6:45 – 7:45 pm	BODYPUMP	Nikki S. 1

Wednesday		
8:15 – 9:00 am	BODYPUMP Express	Nikki S. 1
9:15 – 9:45 am	BODYATTACK Express	Nikki S. 1
5:00 – 5:45 pm	BODYPUMP Express	Jennifer T. 1
6:00 – 6:30 pm	SPRINT	Nikki S. C
6:00 – 7:15 pm	Yoga (Multi-Level)	Kali O. 2
6:00 – 6:30 pm	CXWORX	Jennifer T. 1
6:45 – 7:45 pm	BODYJAM	Nikki S. 1

1 = Studio 1 **C = Cycle Studio**
2 = Studio 2

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:15 – 7:05 am	Studio Cycle	Noel D. C
9:30 – 10:00 am	SPRINT	Nikki S. C
10:15 – 10:45 am	CXWORX	Nikki S. 1
10:30 – 11:30 am	Yoga (Multi-Level)	Erica M. 2
5:00 – 5:30 pm	Hard Core	Lisa H. 1
5:30 – 6:45 pm	Ashtanga Power Yoga	Mary K. 2
5:45 – 6:45 pm	Studio Strength	Lisa H. 1
7:00 – 8:00 pm	Vinyasa Flow Yoga	Brittany Z. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Saturday		
8:00 – 8:50 am	Studio Cycle	Michel F. C
8:45 – 9:45 am	Yoga Sculpt	Paul R. 2
9:30 – 10:00 am	GRIT Strength	Jojo Y. 1
10:00 – 11:00 am	Yoga (Multi-Level)	Ken C. 2
11:00 – 12:00 pm	BODYJAM	Nikki S./Jojo Y. 1
11:15 – 12:15 pm	Vinyasa Flow Yoga	Ken C. 2
4:00 – 5:00 pm	BODYPUMP	Laura B. 1

Friday		
6:15 – 7:05 am	Studio Cycle	Julie S. C
6:15 – 7:15 am	BODYPUMP	Laura B. 1
7:30 – 8:00 am	SPRINT	Jamey D. C
8:45 – 9:15 am	CXWORX	Sarah R. 1
9:30 – 10:20 am	Studio Cycle	Sarah R. C
12:00 – 12:30 pm	HIIT	Lisa H. 1
12:30 – 1:45 pm	Yin Yoga	Ken C. 2
4:45 – 5:15 pm	HIIT	Lisa H. 1
5:30 – 6:15 pm	Hard Core	Lisa H. 1

Sunday		
9:30 – 10:30 am	BODYPUMP	Hannah C. 1
10:45 – 11:15 am	SPRINT	Jamey D. C
10:45 – 11:45 am	BODYCOMBAT	Hannah C. 1
12:00 – 1:15 pm	Yoga (Multi-Level)	Ken C. 2
4:00 – 5:00 pm	Yin Yoga	Ken C. 2
5:00 – 5:50 pm	Studio Cycle	Stephanie H. C
6:00 – 7:00 pm	Vinyasa Flow Yoga	Brittany Z. 2