

	Monday	Tuesday	Wednesday	Thursday	Friday	SAT & SUN
5:30 (Sat 8:00)	SPIN CIRCUIT Cindy	Y EXTREME Cindy		Y EXTREME Cindy	SPIN CIRCUIT Cindy	CYCLE 8:00 Cindy
5:30 Studio A (Sat 8:00)	LES MILLS BODYPUMP Heather	LES MILLS CXWORX BODYCOMBAT 5:30/6:00 Amanda	LES MILLS BODYPUMP Heather	LES MILLS GRIT 5:30 Julie/Heather	LES MILLS BODYPUMP Heather	barre 8:00 (B) Laura/Jackie
6:00 & 7:15		LES MILLS sprint 6:00 Terri		LES MILLS sprint 6:00 Terri		LES MILLS GRIT 7:15 (A) Julie/Natasha
8:00 & 8:15 (Sat 8:00)	BASIC YOGA 8:00 Val (B)	barre 8:15 Laura → (B)	BASIC YOGA 8:00 Val (B)	barre 8:15 Laura → (B)	YOGA 8:00 Gerry (B)	LES MILLS BODYSTEP 8:00 Sophie
8:15 Studio A (Sat 8:30)	LES MILLS BODYSTEP 30 Shannon	LES MILLS BODYPUMP Carol/Kelly G.	LES MILLS BODYCOMBAT 30 Amanda	LES MILLS BODYPUMP Allison	LES MILLS BODYATTACK 30 Erika →	LES MILLS BODYPUMP (A) 8:30 Laura/Sophie
8:15 TRX *			TRX 30 Danielle			
8:15 CYCLE *	CYCLE 30 Allison		LES MILLS sprint Shannon		LES MILLS sprint Amelia	
8:45 Studio A	LES MILLS CXWORX Allison		LES MILLS CXWORX Amanda		LES MILLS CXWORX Laura	LES MILLS CXWORX 9:00 (B)
8:45 ROWING*			ROWING Danielle			
9:15 CYCLE *	LES MILLS sprint Erika	CYCLE 60 Hope	CYCLE *Cindy (Bambi)	LES MILLS sprint Amelia	CYCLE 60 Hope	
9:15	TRX Allison	TRX Carrie	TRX +Stretch Hope	TRX Hope	TRX Carrie	
9:15 Studio A (SAT 9:30)	LES MILLS BODYCOMBAT Kelli E. →	LES MILLS BODYSTEP Sophie →	CROSSTRAIN MAX Hollie (Bev) →	CROSS TRAIN MAX Jackie (Bev) →	LES MILLS BODYSTEP Carol →	LES MILLS BODYATTACK 45 (A) 9:30 - Jason →
9:15 Studio B (SAT 9:30)	LES MILLS BODYATTACK 45 Megha →	TABATA 30 Amy	LES MILLS BODYATTACK 45 Carol →	TABATA 30 Allison	TURBO TRICK 60 Jackie →	LES MILLS BODYCOMBAT B → 9:30_Nicole
9:45 Studio B		LES MILLS CXWORX Amy		LES MILLS CXWORX Amanda		
10:15 Studio A	LES MILLS BODYPUMP Jeremy (Carol)	LES MILLS GRIT Heather/Amelia	LES MILLS BODYPUMP Laura	LES MILLS GRIT Carol/Megha	LES MILLS BODYPUMP Kelli	LES MILLS BODYFLOW (A) 10:30 - Val →
10:15 Studio B (SAT 10:30)	VINYASA YOGA Mishann →	ZUMBA Esther →	LES MILLS BODYFLOW Val →	LazBlast Hope →	LES MILLS BODYFLOW Laura →	
10:15 & 10:30	ATHLETIC PLAYGROUND 10:15 @ TRX Hollie	SR CYCLE 30 10:30 Hope	ATHLETIC PLAYGROUND 10:15 @ TRX Hope	SR CYCLE 30 10:30 Carmen		LINE DANCING 11:30 Toby (A) →
11:30	Pedal4Parkinsons 11:30 Hope	SENIOR CIRCUIT 11:30 Hope	Pedal4Parkinsons 11:30 Hope	SENIOR CIRCUIT 11:30 Hope		LINE DANCING → REVIEW 12:30 Toby
11:15 Studio A	active living Jackie	GENTLE YOGA Steve	active living Jackie	LES MILLS BODYFLOW Laura	active living Hope	
11:15 Studio B/GYM	SR BOOTCAMP 11:15 Terri/Hollie(B)	RESTORATIVE YOGA 11:15 Sara B. (B)	SR BOOTCAMP 11:15 Hollie (B)	YIN YOGA 11:15 Gerry (B)	SR. BOOTCAMP 11:15 Terri (B)	
12:15 Studio A	Tai Chi Tom	LES MILLS BODYPUMP 45 min Sophie		LES MILLS BODYPUMP 45 min Kelly G.		
12:15 Studio B	RESTORATIVE YOGA Mishann	ACTIVE DANCE → Natalie		ACTIVE DANCE → Natalie		
5:00		LES MILLS CXWORX Danielle		LES MILLS CXWORX Kelli E.		
5:15/5:30 Studio B	barre (B) 5:15 Carmen →	ATHLETIC CIRCUIT 5:30 - Allison →	LES MILLS sprint 5:30 Amelia	LES MILLS BODYCOMBAT 45 5:30 Kelli E. →		SUNDAY 1 pm - 5 pm
5:15 & 5:30 Studio A	LES MILLS BODYPUMP 5:15 Jeremy & Sara	LES MILLS GRIT 5:30 5:30 Jason/Nicole	LES MILLS BODYPUMP 5:15 - Amy	LES MILLS GRIT 5:30 Amelia/Jason	LES MILLS BODYPUMP 5:15 - Steve	LES MILLS BODYPUMP (A) Sun 1:00 - Steve
6:15 Studio B	KIDS KARATE 6-7 PAID PROGRAM	LES MILLS BODYCOMBAT 45 Taya/Nicole →	TUMBLING 3:30-5:30 & KARATE 6-7	LES MILLS BODYFLOW → Amanda		LES MILLS BODYCOMBAT (B) Sun 1:00 - Erika
5:30 TRX/6:00	CYCLE 6:00 Carmen	CYCLE 6:00 Cindy	TRX +Stretch 5:30 - Allison	CYCLE 6:00 Patti		CYCLE Sun 1:15 Allison/Carmen
6:15 Studio A	LES MILLS BODYATTACK 60 Jason →	LES MILLS BODYPUMP Liceth	LES MILLS BODYFLOW → Sophie	LES MILLS BODYPUMP Kelly G		LES MILLS CXWORX 2:00 (B) Allison/Danielle
7:00 Studio B	KARATE FITNESS 7:00 - Mike H.	YOGA Level 1,2 7:00 - Tanja	KARATE FITNESS 7:00 - Mike H.			LES MILLS BODYFLOW (A) → Sun 2:00 - Steve
7:15 Studio A		ZUMBA Silvia →		ZUMBA Yolanda →		

NYASA YOGA: Power Vinyasa Flow Yoga - In this class you will synchronize breath with movement while building strength & flexibility in a fun atmosphere. Appropriate for all levels

SIC YOGA: Basic and advanced yoga postures are progressively seamed together.

GA: Building from basic yoga, moving to more advanced postures and/or challenging posture combinations with postures held longer.

NTLE YOGA: A soft flow and holding of yoga postures.

I YOGA: A still and slow practice that focuses on the connective tissues, ligaments and joints of the body as well as meditative breathing to help bring balance to our body physically, energetically and mentally. Poses are held for periods of time sometimes with the use of minimal props.

STORATIVE YOGA: Strengthens the body gently, calms the nervous system, and helps the body to heal itself. Uses many props to allow students to achieve maximum benefits of 3 poses. Option for those recovering from an illness or with limitations from injuries. Incorporating the use of bolsters and blankets. Now offered in larger Studio B on Monday's at 10:15

CLE: A high-energy workout utilizing non-impact indoor stationary bikes, guided imagery, creative lighting and carefully selected music to inspire you through a workout like never before. Classes offered in the 30, 45, 60, and 120 min format.

LES MILLS sprint

Les Mills Sprint is a 30 Minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. In a short, intense style of training where the energy and motivation comes from pushing your physical & mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of energy, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

IN CIRCUIT This class is a high-energy action packed combined with an added element of strength as its focus. .

SENIOR CIRCUIT Warming up then continuing your training in a circuit setting on the Fitness Floor all under the direction of a Personal Trainer.

XTREME A high cardio, high intensity workout using functional training preparing athletes to respond to any given challenge with strength and confidence. The program is structured to be high energy, positive, safe, fun and competitive.

RATE FITNESS Take your fitness to a whole new level! Real martial arts-based kicks and punches in a drill-style format.

CROSS TRAIN MAX Work hard, play hard! Cross Train Max breaks out a variety of fitness equipment for an ever changing cross training workout. Strength, endurance, agility, balance, core... a little (or a lot!) of everything!

BOOTCAMP An advanced level for Seniors, a modified bootcamp workout combining fun and fitness improving cardiovascular & muscular strength with a standing circuit workout. Options are always presented for all levels.

HEALTHY PLAYGROUND Functional strength and cardio timed interval based workout using various equipment such as kettle bells, BOSU Balls, Steps and more.

barre Set to upbeat music, this class starts with a warm up and sequence of upper-body exercises using light free weights, bands, push-ups and planks moving into a series of ballet barre or floor exercises that focus on the thighs while gaining overall body strength and balance.

ROWING A great non-weight-bearing exercise machine, a rowing machine uses both your upper and lower body muscles to increase cardiovascular conditioning. Coached as a small group personal training session.



LaBlast is a dance fitness program based on all the dances you see on "Dancing with the Stars". It is partner-free and uses a wide variety of music. LaBlast is a perfect balance of dance and fitness, designed for the absolute beginner to the experienced dancer.

LES MILLS

GRIT **Les Mills GRIT SERIES is a 30 minute** Science Based High Intensity Interval Training Small Group Training Session with 3 Modalities: Strength, Cardio and Plyo. Each modality is offered on a different day throughout the week. Short, high bursts of energy with recovery time in between to accelerate fitness gains. Instructors use Floor Coaching to increase personal connection and hold participants accountable. NOT RECOMMENDED IF PREGNANT OR HIGH BLOOD PRESSURE. For more insight, go to www.lesmills.com.

LES MILLS

BODYFLOW **Les Mills BodyFlow (USA) BodyBalance (UK)** is the yoga-based class that will improve your mind, body and life. During BodyFlow, an inspired soundtrack plays as you wind 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 always provide options for those just getting started. You'll strengthen your entire body and leave class feeling calm and centered. Happy.

LES MILLS

BODYCOMBAT **Les Mills BODYCOMBAT™** a high-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness burning up to 740 calories in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ, **Offered in the 30, 45 and classic 55 minute formats.**

LES MILLS

CXWORX **Les Mills CXWORX™ is a 30 Minute Class** providing 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. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. The trained instructors guide you through correct technique as you work with resistance tubes, weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS

BODYPUMP **Les Mills BODYPUMP™**, offered in both **45 and 55 minute formats**, is for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition, instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS

BODYATTACK **Les Mills BODYATTACK™** a high-energy class with moves for beginners to total addicts. Done in both impact and non-impact forms, we combine athletic movements such as running, lunging and jumping with strength exercises such as push-ups and squats burning up to 730 calories **Offered in 30, 45, and 55 minute formats.** "30/60" = Train for 30 or 60 minutes.

BODYSTEP ATHLETIC **Les Mills BodyStep ATHLETIC** is simple to follow and athletic with burpees, push-ups, jumps and weighted plates along with energetic moves using the bench. **Offered in 30, 45, and 55 minute format.**

LES MILLS

BODYSTEP **Les Mills Bodystep CLASSIC** uses the same format as ATHLETIC but replaces three athletic tracks (songs) with traditional step footwork and basic stepping options to help you feel successful and have fun!

TABATA **A 30 Minute Class** designed with high intensity interval training following a specific format of 20 seconds of a very high intensity exercise followed by 10 seconds of rest. Big results such as improved aerobic endurance, anaerobic endurance, muscular endurance and fat burning.

ATHLETIC PLAYGROUND At the TRX Platform, a small group training session utilizing the surrounding areas, equipment and even the outdoors.

TRX - Bodyweight exercise develops strength, balance, flexibility & core stability simultaneously. Classes offered at Beginner, Intermediate and Advanced. SIGN UP REQUIRED



A combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training.

LIVE DANCE Senior Dance targets the largest growing segment of the population: baby boomers. Incorporating all forms of dance to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle..

ZUMBA Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.



This class combines functional and core strength, balance, flexibility and drills to improve cognitive function.



This symbol indicates that the program is open to teens and preteens over the age of 10. Must be accompanied by an adult.