



Winter 2021	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:45am	BodyPump 45 (Gym) Heather	6:00 Cycle 30 (A) Allison	BodyCombat 45 (Gym) Amanda		BodyPump 45 (Gym) Heather	Cycle 45 (A) Cindy	Athletic Circuit 45 (Gym) Cindy	Cycle 45 (A) Carmen	BodyPump 45 (Gym) Nicole	Cycle 45 (A) Cindy		
7:30am	GRIT 30(Gym) Natasha											
8:15am	BodyCombat 45 (Gym) Nicole	Basic Yoga 45 (B) Val	BodyPump 45 (Gym) Carol/Kelly	Gentle Yoga 45 (B) Steve	CXWORX 45 (Gym) Carol	Cycle 45 (A) Hope	BodyPump 45 (Gym) Sophie	SPRINT 30 (A) Carol	8:30 BodyAttack 30 (Gym) Natasha	Yoga 45 (B) Gerry	BodyPump (Gym) Sophie	Cycle 45 (A) Cindy
							8:30 CXWORX 30 (B) Amy				8:30 CXWORX 30 (B) Allison	
9:15am	BodyStep 45 (Gym) Sophie	Cycle 45 (A) Hope	LaBlast 45 (Gym) Hope	SPRINT 30 (A) Erika	BodyAttack 45 (Gym) Carol	BodyFlow 45 (B) Val	PureStrength 45 (Gym) Bev (Amy)		BodyCombat 45 (Gym) Erika	SPRINT 30 (A) Natasha	BodyCombat 45 (Gym) Nicole	Cycle 45 (A) Cindy
			NEW! Barre 30 (B) Amy								BodyCombat 45 (Gym) Nicole	Cycle 45 (A) Cindy
10:15am	Vinyasa Yoga 60 (B) Mishann		10:00 CXWORX 30 (B) Erika		BodyPump 45 (Gym) Megha		GRIT 30 (Gym) Megha		BodyPump 45 (Gym) Erika	BodyFlow 45 (B) Sophie	BodyAttack 45 (Out) Megha	BodyFlow 45 (B) Val
11:15			Senior Boot Camp 45 (Gym) Natalie				Senior Boot Camp 45 (Gym) Hope		Active Living 45 (Gym) Natalie			
12:15			BodyPump 45 (Gym) Carmen									
5:00/5:15pm	5:15 Athletic Circuit 45 (Gym) Cindy		5:00 CXWORX 30 (Gym) Allison		5:00 Yoga 45 (B) Gerry	5:15 BodyPump 45 (Gym) Nicole	5:15 BodyPump 45 (Gym) Kelly		5:00 BodyPump 45 (Gym) Steve			
5:30pm	SPRINT 30 (A) Kelly		GRIT 30 (Gym) Nicole				CXWORX (B) Kira					
6:15pm	BodyPump 45 (Gym) Megha		Cycle 45 (A) Patti	BodyFlow 45 (B) Nicole	BodyAttack 30 (Out) Erika/Natasha		BodyCombat 45 (Out) Amanda	SPRINT 30(A) Natasha/Erika				
7:15pm	Karate Fitness 45 (C) Mike		Zumba 45 (Out) Yolanda		7:00 CXWORX 45 (B) Carmen		Zumba 45 (Out) Dasha	BodyFlow 45(B) Amanda				



VINYASA 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

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

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

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

Les Mills BODYFLOW is the yoga-based class that will improve your mind, body and life. During BodyFlow, 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 always provide options for those just getting started.

HIIT Cycle High intensity interval training using intervals of maximum effort and rest, all done on a bike. Improve your fitness level, build muscle, and burn fat, fast!

CYCLE: 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 no other.

Les Mills SPRINT: 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 thrill and motivation comes from pushing your physical & mental limits. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

Tabata is 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.

Les Mills GRIT 30 minute High Intensity Interval Training with 3 Modalities: Strength, Cardio and Athletic. 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.

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, Taekwando, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ,

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 like running, lunging and jumping, with strength exercises such as push-ups and squats burning up to 730 calories

Les Mills BODYSTEP is simple to follow and athletic with burpees, push-ups, jumps and weighted plates along with energetic moves using the bench.

Les Mills CXWORX™ is a 30 Minute Class providing the vital ingredients for a stronger body. 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 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.

Les Mills BODYPUMP™ 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.

Pure Strength this workout is all about increasing strength and endurance and building lean, strong muscles! We will be utilizing a barbell as well as other strength equipment to hit each muscle group and your core!

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating.

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.

Senior Boot Camp 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.

Active Living This class uses chairs and stability balls to improve functional and core strength, balance, flexibility and drills to improve cognitive function.

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