

# GROUP FITNESS SPRING SCHEDULE

EFFECTIVE: April 22, 2019

\* SUBJECT TO CHANGE

CHANGES ARE HIGHLIGHTED IN YELLOW

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Cycle RT ①	Les Mills <b>BODYSTEP</b> 1 ①	<b>LES MILLS BODYPUMP</b> 1 ①	Cycle RT ①	Combat/Flow 1		
8:00 AM	Gentle Moves ① Marital Water RP	Gentle Yoga 3	Moderate Moves 2	Deep Water RP <b>LES MILLS RPM VIRTUAL</b> ①	Gentle Yoga 3	Cycle 60 ①	
8:30 AM						<b>LES MILLS BODYATTACK</b> 1 Barre Express 3 ①	Yoga Flex 1 Cycle RT ①
8:45 AM	<b>Cardio Combo</b> 2		Barre Express 3 ①	S & L Xpr. 1 ①	<b>Cardio Combo</b> 2	Aqua <b>ZUMBA</b> RP	
9:00 AM	Aqua Sculpt & Tone LP	Aqua Sculpt & Tone LP	Aqua Sculpt & Tone LP	Aqua Sculpt & Tone LP	Aqua Yoga LP	<b>LES MILLS SH'BAM</b> 2	
9:15 AM	<b>LES MILLS BODYCOMBAT</b> 1 Cycle RT ①	<b>LES MILLS BODYPUMP</b> 1 ①	Les Mills <b>BODYSTEP</b> 1 ① R.E.V. 2 Cycle RT ①	<b>LES MILLS BODYATTACK</b> 1 Freestyle Step 2	Tabata Full Field Cycle RT ①	Cycle RT ①	
	S & L am 2 ① Barre 3 ①	<b>All Terrain Outdoor Side Lot</b> Cycle RT ①		Hot Yoga 3 Cycle RT ①	<b>LES MILLS SH'BAM</b> 1		<b>LES MILLS BODYCOMBAT</b> 1
9:45 AM			Aqua <b>ZUMBA</b> RP			<b>LES MILLS BODYPUMP</b> 1 ①	
10:00 AM						<b>LES MILLS BODYFLOW</b> 2	
10:15 AM	<b>ZUMBA fitness</b> 1 <b>LES MILLS CXWORX</b> 2 ABSolute Yoga 3			<b>LES MILLS CXWORX</b> 2	<b>LES MILLS BODYPUMP</b> 1 ①		
		Pilates Mat 2 Hot Yoga 60 3	Gentle Yoga 3	<b>LES MILLS BODYFLOW</b> 1	Yoga Flex 3		<b>LES MILLS BODYPUMP</b> 1 ①
1:00 PM	<b>LES MILLS BODYPUMP</b> 1 ①			<b>LES MILLS BODYPUMP</b> 1 ①		<b>LES MILLS RPM VIRTUAL</b> ①	
3:00PM							Yoga 101 1st Sunday of the month - 3
4:00 PM							Hot Yoga 60 3
4:45 PM	Les Mills <b>BODYSTEP</b> 1 ① EXPRESS	<b>LES MILLS BODYPUMP</b> 1 ①	S & L pm 1	<b>LES MILLS BODYATTACK</b> 1			
5:00PM			<b>LES MILLS RPM VIRTUAL</b> ①		<b>LES MILLS RPM VIRTUAL</b> ①		
5:30 PM	<b>LES MILLS CXWORX</b> 2			<b>LES MILLS BODYPUMP</b> 1 ①			
5:45 PM		Les Mills <b>BODYSTEP</b> 2 ①					
6:00 PM	<b>LES MILLS BODYATTACK</b> 1 <b>Cardio Combo</b> 2	<b>Les Mills tone</b> ① <b>LES MILLS BODYFLOW</b> 3	<b>LES MILLS BODYCOMBAT</b> 1	R.E.V. 2			
	Cycle RT ①		Cycle RT ①				
7:00 PM	<b>LES MILLS BODYPUMP</b> 1 ① Yoga Flex 3	<b>ZUMBA fitness</b> 1 <b>Aqua Sculpt &amp; Tone</b> LP	<b>LES MILLS BODYJAM</b> 1	Yoga Stretch 3			
7:30 PM				Aqua Sculpt & Tone LP			

1 = Group Fitness Studio 1  
 2 = Group Fitness Studio 2  
 3 = Group Fitness Studio 3  
 Full Field = SportsFactory Building  
 Courtside - Basketball Court  
 ① = Registration Required  
 ② = Cycling Studio  
 MP = Main Pool  
 LP = Leisure Pool  
 RP = Recreation Pool

## GROUP FITNESS CLASS

### DESCRIPTIONS

**ALWAYS CONSULT WITH THE INSTRUCTOR BEFORE CLASS IF YOU HAVE PHYSICAL LIMITATIONS OR INJURIES.**

**(☺) Indicates "all level" classes that are a great place to start!**

**All registration required classes open up 24 hours in advance of the class start time**

**EXCEPT for cycling which has a 36 hour in advance registration.**

**Red Font – Indicates a new class format**

### ALL LEVELS

#### Barre (45 minutes) ☺

A great new studio workout utilizing a ballet barre, light dumbbells, and bands to help build long lean muscles. This class focuses on small, precise muscle movements and isometric holds to sculpt, strengthen and stretch muscles. *Barre Express (30 minutes).*

Registration required – 15 spots.

**BODYPUMP (60 minutes)** BODYPUMP™ is the "original" 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.

Registration required – 40 spots.

#### Les Mills **BODYSTEP (60 minutes)**

**(Express 45 minutes)**

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs.

An uplifting class! There are always lots of options to get you through the workout safely.

Registration required – 30 spots for Studio 1 and 20 spots for Studio 2

#### **BODYJAM (60 minutes)**

Think dance school...the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

**Cardio Combo (45 minutes) ☺ – A mix of low impact cardio that also includes resistance bands and light weights to tone. A great introductory class for all fitness levels.**

#### **Combat/FLOW™ (60 minutes)**

BODYCOMBAT and BODYFLOW – 30/30 of each format.

#### **Cycle Road Trip (RT) (45 minutes)**

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the "off season."

Registration required – 25 spots.

Registration opens 36 hours in advance.

"60" indicates a 60 minute class.

#### **Gentle Moves ☺ ♿ (45 minutes)**

This class incorporates balance, toning, flexibility and cardio with very little joint impact. There will be the option to use a chair. This is also a wheelchair friendly workout class.

#### **Les Mills RPM Virtual (45 minutes)**

Virtual cycling class set to the rhythm of motivating music with a Les Mills instructor.

#### **Moderate Moves (30 minutes) ☺**

If you're looking for a gentle approach to exercise, then this class is for you!

Fundamental cardio patterns are combined with exercises designed to develop body awareness, stability and confidence in movement.

#### **R.E.V. (60 minutes)**

Resistance, Endurance, Variety

A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more!

#### **SH'BAM (45 minutes) ☺**

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged.

#### **Freestyle Step (45-55 minutes) ) ☺**

Not too basic, not too extreme...just right.

Intermediate step patterns provide just the right amount of flavor to your cardio workout.

#### **S & L (Strong & Lean - 45 minutes)**

**(Xpr.= 30 minutes)**

Not your traditional strength training...get strong and lean with alternative training techniques and tools. A total body blast that changes the way you train.

**\*Registration is required for the AM classes only. For safety reasons, 24 registered class participants will be the maximum. This will allow for a better quality workout and class experience.**

**LES MILLS tone (45 minutes)** 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.

*\*In the event of subbing, this class format may need to be modified as Tabata.*

#### **ZUMBA fitness (60 minutes) ☺**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

Intermediate to  
Advanced Levels

#### **All Terrain (60 minutes)**

**Experience group fitness OUTSIDE!**

**A 2- month departure from traditional studio-based training beginning 4/23 thru 6/11. This class will meet by the outdoor side field.**

**Inclement weather – class will be held on the court side.**

#### **LES MILLS BODYATTACK (60 minutes) (Xpress = 45 min.)**

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

#### **LES MILLS BODYCOMBAT (60 minutes)**

This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. **(Combat/Flow – a mix of both formats).**

At the intersection of science and personal training lies a new kind of group fitness workout...a workout that will tighten and tone your abs, back and butt like nothing else before.

#### **Tabata (45 minutes)**

High Intensity Interval Training using the Tabata protocol. Not a class for the weak of mind or body. It will truly challenge you to move to your next level of fitness and performance.

### MIND and BODY

**ABSalute Yoga (60 minutes)** – Not your traditional Yoga class. Enjoy elements of Yoga while focusing on strengthening and toning the abdominals.

#### **LES MILLS BODYFLOW (60 minutes) ☺**

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

#### **Gentle Yoga (45 minutes) ☺**

A gentle approach to Yoga designed for all ages, body types and physical abilities. Improve strength, endurance, flexibility, and balance, while promoting mindfulness and focused awareness.

#### **Hot Yoga (75 minutes)**

**(Hot Yoga 60 = 60 minutes)**

An energetic vinyasa style class which synchronizes breath with vigorous movement to give your yoga practice a cardio component. The room temperature is approximately 95 degrees to help allow the muscles to ease into their full range of motion. Yoga experience is recommended, along with a towel, water bottle and your own mat.

#### **Pilates Mat (45 minutes) ☺**

Pilates mat is a series of exercises which focus on the "powerhouse" or core of the body to develop strength, increase flexibility, improve posture and create a balanced physique.

**Yoga 101** – A pose breakdown clinic. Offered the first Sunday of each month to explore pose options to take your practice to the next level.

#### **Yoga Stretch (45 minutes) ☺**

This effective recovery class will help improve flexibility, lengthening, balance and stamina. The results can improve performance, injury reduction and faster recovery for everyone and athletes of all levels. The room temperature will be set to 85 degrees to allow the muscles to ease into their full range of motion. This may be what you have been missing in your training regime!

#### **YogaFlex (60 minutes) ☺**

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

### AQUA

#### **Aqua Sculpt & Tone (45 minutes) ☺**

Familiar strength and conditioning exercises in the water. Reshape your body and improve flexibility and balance with or without equipment. This class stays within the recommended *American Arthritis Foundation* water exercises.

#### **Aqua Yoga (45 minutes) ☺**

This class is for all fitness levels! Enjoy Yoga poses in the warmer water to help develop strength, static balance and range of motion.

#### **Aqua ZUMBA fitness (45 minutes) ) ☺**

The "pool party" workout for all ages. Fusing latin-inspired dance moves and fitness with latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.

#### **Deep Water Athletes (45 minutes) ☺**

This class pushes resistance training and core strength to the next level. It's the perfect way to cross train. Geared for the intermediate to advanced fitness enthusiast. Flotation belts provided.

**Martial Water (45 minutes) ☺** This class is a unique blend of kickboxing and martial arts structured for a fluid workout.