

| Monday | | | |
|--------|----|-------------------------|-----------------|
| 05:30a | | BODYPUMP® | Energy Sonja |
| 05:30a | | Cycle & Sculpt | Ride Melanye |
| 06:00a | | Strength & Conditioning | MBC Colleen |
| 07:00a | 30 | Stretch & Balance | Energy Colleen |
| 08:30a | 45 | Cardio Step & Sculpt | Energy Stacey |
| 08:30a | | Cycle & Sculpt | Ride Melanye |
| 09:15a | | Strength & Conditioning | Energy Stacey |
| 09:30a | | Yin Yoga | Balance Amy |
| 09:30a | 75 | Cycle & Sculpt 75 | Ride Patty |
| 10:00a | | Aqua Athletics | IRP Melinda |
| 10:30a | | Mat Pilates | Balance Stacey |
| 10:30a | | Zumba® | Energy Emma |
| 11:00a | 45 | LES MILLS THE TRIP | Ride Kjerstin |
| 11:30a | | Barre | Balance Emma |
| 11:30a | | Low-Impact Workout | Energy Melinda |
| 12:00p | | Cycle & Sculpt | Ride Patrick |
| 12:30p | | Strength & Conditioning | Energy Stacey |
| 12:30p | | Vinyasa Flow | Balance Sara O. |
| 01:30p | | STRONG® | Energy Nicole |
| 04:45p | 45 | BODYCOMBAT® | Energy Kristin |
| 05:30p | 30 | Begin to Cycle | Ride Colleen |
| 05:30p | 75 | Advanced Yoga 75 | Balance Judi |
| 05:45p | | BODYPUMP® | Energy Kristin |
| 06:00p | | Group Cycle | Ride Colleen |
| 06:45p | | Zumba® | Energy Shauna |
| 07:00p | 45 | LES MILLS THE TRIP | Ride Kellie |
| 07:00p | | Vinyasa Flow | Balance Judi |
| 08:00p | | BODYPUMP® | Energy Kjerstin |

| Thursday | | | |
|----------|----|-------------------------|-----------------|
| 05:30a | | Barre | Balance Melanye |
| 05:30a | | Group Cycle | Ride Herb |
| 05:30a | | Run Club | ML Colleen |
| 06:30a | 30 | Stretch & Balance | Balance Colleen |
| 08:30a | 45 | Cardio Step & Sculpt | Energy Stacey |
| 08:30a | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:30a | | POP Pilates | Balance Nisi |
| 09:00a | | Aqua Athletics | IRP Melinda |
| 09:15a | | BODYPUMP® | Energy Nicole |
| 09:30a | 45 | Strength & Conditioning | Results Kim |
| 09:30a | | Barre | Balance Rachel |
| 09:30a | | Cycle & Sculpt | Ride Herb |
| 10:00a | | Gentle Aqua | ILP Melinda |
| 10:15a | | BODYCOMBAT® | Energy Kai |
| 10:30a | | Zumba® | Results Emma |
| 10:30a | 75 | Vinyasa Flow 75 | Balance Amy |
| 11:00a | 45 | LES MILLS THE TRIP | Ride Kjerstin |
| 11:30a | | Zumba Gold® | Energy Kai |
| 12:00p | | Cycle & Sculpt | Ride Stacey |
| 12:30p | 30 | Stretch & Balance | Balance Kai |
| 12:30p | | GROOV3™ | Energy Lindsay |
| 01:00p | 30 | POP Pilates 30 | Balance Casey |
| 01:30p | | Barre | Balance Emma |
| 04:00p | 30 | Zumba® Kids Jr. (4-6) | Energy Patty |
| 04:30p | 30 | Zumba® Kids (7-12) | Balance Patty |
| 05:00p | 45 | LES MILLS THE TRIP | Ride Robert |
| 05:00p | | Strength & Conditioning | Energy Stacey |
| 05:00p | | Yin Yoga | Balance Sara N. |
| 06:00p | | Barre | Balance Stacey |
| 06:00p | | BODYATTACK® | Energy Alex |
| 06:00p | | Group Cycle | Ride Herb |
| 07:00p | | U-Jam® | Energy Robert |
| 07:00p | | Vinyasa Flow | Balance Sara N. |
| 07:15p | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:00p | | BODYPUMP® | Energy Robert |

| | | | | |
|-----------------------------|------------------------|--------------------------|-----------------------|-----------------------------|
| Balance = Balance Studio | Energy = Energy Studio | ILP = Indoor Lap Pool | IRP = Indoor Rec Pool | IRP = Indoor Rec Pool Lanes |
| MBC = Main Basketball Court | ML = Main Lobby | Results = Results Studio | Ride = Ride Studio | |

| Tuesday | | | | |
|---------|----|------------------------------|---------|----------|
| 05:30a | 45 | LES MILLS THE TRIP | Ride | Herb |
| 05:30a | | BODYCOMBAT® | Energy | Melanye |
| 06:00a | | Advanced Yoga | Balance | Jessica |
| 08:30a | 45 | LES MILLS THE TRIP | Ride | Herb |
| 08:45a | 30 | CXWORX® | Energy | Casey |
| 09:15a | | BODYPUMP® | Energy | Nicole |
| 09:30a | | Aqua Athletics | ILP | Nancy |
| 09:30a | | Cycle & Sculpt | Ride | Kim |
| 09:30a | | Strength & Conditioning | MBC | Patty |
| 09:30a | | Vinyasa Flow | Balance | Sara O. |
| 10:15a | | U-Jam® | Energy | Nisi |
| 10:30a | | Barre | Balance | Stacey |
| 10:45a | | RPM® | Ride | Kai |
| 11:30a | | Zumba Gold® | Balance | Nancy |
| 12:00p | | Cycle & Sculpt | Ride | Kai |
| 12:30p | 30 | BODYPUMP® 30 | Energy | Kjerstin |
| 01:00p | 30 | BODYCOMBAT® 30 | Energy | Kjerstin |
| 01:00p | 30 | POP Pilates 30 | Balance | Kai |
| 01:30p | | Zumba® | Energy | Emma |
| 04:00p | 30 | Zumba® Kids Jr. (4-6) | Energy | Patty |
| 04:00p | 45 | LES MILLS THE TRIP | Ride | Nina |
| 04:30p | 30 | POP Pilates 30 | Energy | Casey |
| 04:30p | 30 | Zumba® Kids (7-12) | Balance | Patty |
| 05:00p | | Gentle Yoga | Balance | Judi |
| 05:00p | | Strength & Conditioning | Energy | Stacey |
| 06:00p | 45 | Basic Conditioning - Ages 8+ | Energy | Patty |
| 06:00p | | Cycle & Sculpt | Ride | Stacey |
| 06:00p | | Yin Yoga | Balance | Amy |
| 06:45p | | Zumba® | Energy | Veronika |
| 07:00p | | Aqua Zumba® | IRP | Bu |
| 07:00p | | Group Cycle | Ride | Robert |
| 07:00p | | Mat Pilates | Balance | Rachel |
| 08:00p | | U-Jam® | Energy | Robert |

| Friday | | | | |
|--------|----|------------------------------|---------|---------|
| 05:30a | 30 | Strength & Conditioning 30 | Energy | Melanye |
| 05:30a | 45 | LES MILLS THE TRIP | Ride | Kellie |
| 05:30a | | Barre | Balance | Colleen |
| 06:00a | 30 | CXWORX® | Energy | Melanye |
| 06:30a | 45 | BODYPUMP® 45 | Energy | Alex |
| 07:30a | | Advanced Yoga | Balance | Jessica |
| 08:30a | 45 | Yoga Sculpt | Energy | Stacey |
| 08:30a | | Barre | Balance | Melanye |
| 09:00a | | Aqua Athletics | IRP | Melinda |
| 09:15a | | Strength & Conditioning | Energy | Stacey |
| 09:30a | | Cycle & Sculpt | Ride | Kim |
| 09:30a | | Vinyasa Flow | Balance | Karen |
| 10:00a | | Aqua Athletics | IRP | Patty |
| 10:15a | 30 | Stretch & Balance | Energy | Stacey |
| 10:30a | | Mat Pilates | Balance | Kim |
| 11:00a | | U-Jam® | Energy | Nina |
| 11:00a | | Zumba® Toning | Results | Nancy |
| 11:30a | | Gentle Yoga | Balance | Karen |
| 12:00p | 30 | POP Pilates 30 | Energy | Nina |
| 12:00p | | Group Cycle | Ride | Patrick |
| 12:30p | | BODYPUMP® | Energy | Nicole |
| 12:30p | | Restorative Yoga | Balance | Karen |
| 04:30p | | BODYPUMP® | Energy | Allison |
| 04:45p | 45 | Basic Conditioning - Ages 8+ | Balance | Patty |
| 05:00p | 45 | LES MILLS THE TRIP | Ride | Stacey |
| 05:30p | | Restorative Yoga | Balance | Ana |
| 06:00p | 30 | Barre 30 | Energy | Stacey |
| 06:30p | | POP Pilates | Balance | Nisi |
| 06:45p | | Zumba® | Energy | Kai |

| Wednesday | | | |
|-----------|----|------------------------------|-----------------|
| 05:30a | | BODYPUMP® | Energy Melanye |
| 05:30a | | Cycle & Sculpt | Ride Patrick |
| 06:00a | | Strength & Conditioning | MBC Colleen |
| 06:30a | | Advanced Yoga | Balance Jessica |
| 07:00a | 30 | Stretch & Balance | Energy Colleen |
| 08:00a | | Vinyasa Flow | Balance Jessica |
| 08:30a | 45 | Mat Pilates | Energy Stacey |
| 08:30a | | Cycle & Sculpt | Ride Melanye |
| 09:15a | | Strength & Conditioning | Energy Stacey |
| 09:15a | 75 | Power Yoga 75 | Balance Karen |
| 09:30a | | Cycle & Sculpt | Ride Melanye |
| 10:15a | | Cardio Step & Sculpt | Energy Stacey |
| 10:30a | | BODYFLOW® | Balance Rachel |
| 11:30a | | Low-Impact Workout | Energy Melinda |
| 11:45a | 30 | Exercise for Tykes (2-4) | Balance Rachel |
| 11:45a | 45 | LES MILLS THE TRIP | Ride Stacey |
| 12:30p | | BODYCOMBAT® | Energy Kai |
| 12:30p | | Yin Yoga | Balance Sara O. |
| 01:30p | | Zumba® | Energy Kai |
| 04:30p | | GROOV3™ | Energy Nina |
| 05:00p | 45 | Basic Conditioning - Ages 8+ | Results Patty |
| 05:00p | | Barre | Balance Kai |
| 05:00p | | Cycle & Sculpt | Ride Patrick |
| 05:30p | | Aqua Athletics | ILP Allison |
| 05:45p | | BODYPUMP® | Energy Robert |
| 06:00p | | Group Cycle | Ride Colleen |
| 06:00p | | Vinyasa Flow | Balance Judi |
| 06:45p | | BODYCOMBAT® | Energy Allison |
| 07:00p | 45 | LES MILLS THE TRIP | Ride Robert |
| 07:00p | | Yin Yoga | Balance Amy |

| Saturday | | | |
|----------|----|------------------------------|-----------------|
| 07:15a | | BODYPUMP® | Energy Allison |
| 07:30a | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:15a | | Zumba® | Energy Bu |
| 08:45a | | Aqua Athletics | ILP Allison |
| 08:45a | | Group Cycle | Ride Herb |
| 09:00a | | Strength & Conditioning | Results Patty |
| 09:15a | | BODYPUMP® | Energy Melanye |
| 09:30a | 30 | Exercise for Tots (9 mo-2) | Balance Ana |
| 10:00a | 30 | Exercise for Tykes (2-4) | Balance Ana |
| 10:00a | 75 | Cycle & Sculpt 75 | Ride Patty |
| 10:15a | 45 | BODYCOMBAT® 45 | Energy Allison |
| 10:30a | | POP Pilates | Balance Nisi |
| 11:00a | 45 | Strength & Conditioning | Results Allison |
| 11:00a | | GROOV3™ | Energy Nina |
| 11:30a | 45 | LES MILLS THE TRIP FAMILY | Ride Herb |
| 12:00p | 30 | Zumba® Kids Jr. (4-6) | Energy Patty |
| 12:00p | | Power Yoga | Balance Ana |
| 12:30p | 45 | LES MILLS THE TRIP | Ride Nina |
| 12:30p | 45 | Youth Hip Hop (8-13) | Results Patty |
| 12:30p | | STRONG® | Energy Emma |
| 01:30p | 45 | Basic Conditioning - Ages 8+ | Energy Patty |
| 01:30p | | Barre | Balance Emma |
| 04:30p | | Yin Yoga | Balance Shauna |

| Sunday | | | |
|--------|----|-------------------------|------------------|
| 08:00a | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:30a | | Barre | Balance Brianne |
| 09:00a | 30 | LES MILLS TONE™ 30 | Energy Sonja |
| 09:00a | | Aqua Athletics | IRP Melinda |
| 09:15a | | Group Cycle | Ride Herb |
| 09:30a | | BODYPUMP® | Energy Sonja |
| 09:30a | | Yin Yoga | Balance Shauna |
| 10:15a | | Cycle & Sculpt | Ride Patty |
| 10:30a | | Zumba® | Energy Veronika |
| 11:30a | | Zumba Gold® | Balance Veronika |
| 12:00p | | Strength & Conditioning | Energy Patty |
| 01:00p | | BODYCOMBAT® | Energy Allison |
| 01:30p | | Vinyasa Flow | Balance Shauna |
| 02:00p | | Zumba® | Energy Kai |
| 02:30p | 45 | LES MILLS THE TRIP | Ride Herb |
| 02:30p | | Restorative Yoga | Balance Shauna |
| 03:30p | 45 | Family Cycle | Ride Herb |
| 03:30p | 45 | Family Yoga | Balance Ana |
| 04:30p | | GROOV3™ | Energy Lindsay |
| 04:30p | | Yin Yoga | Balance Shauna |

- Group Exercise classes are included in your membership.
- Classes and sessions are 55 minutes unless otherwise noted.
- For courtesy and safety reasons, please be prompt for class.



- Open Studio: Studios Energy, Balance and Ride available for member use when class is not in session.

| Monday | | | |
|----------|----|-------------------------|-----------------|
| 05:30a | | BODYPUMP® | Energy Sonja |
| 05:30a | | Cycle & Sculpt | Ride Melanye |
| 06:00a | | Strength & Conditioning | MBC Colleen |
| 07:00a | 30 | Stretch & Balance | Energy Colleen |
| 07:00a | 45 | LES MILLS THE TRIP | Ride Patrick |
| 08:30a | 45 | Cardio Step & Sculpt | Energy Stacey |
| 08:30a | | Cycle & Sculpt | Ride Melanye |
| 09:15a | | Strength & Conditioning | Energy Stacey |
| 09:30a | | Yin Yoga | Balance Amy |
| 09:30a | 75 | Cycle & Sculpt 75 | Ride Patty |
| 10:00a | | Aqua Athletics | IRP Melinda |
| 10:30a | | Mat Pilates | Balance Stacey |
| 10:30a | | Zumba® | Energy Emma |
| 11:00a | 45 | LES MILLS THE TRIP | Ride Kjerstin |
| 11:30a | | Barre | Balance Emma |
| 11:30a | | Low-Impact Workout | Energy Melinda |
| 12:30p | | Strength & Conditioning | Energy Stacey |
| 12:30p | | Vinyasa Flow | Balance Sara O. |
| 01:30p | | STRONG® | Energy Nicole |
| 04:00p | 45 | LES MILLS THE TRIP | Ride Patrick |
| 04:45p | 45 | BODYCOMBAT® | Energy Kristin |
| 05:30p | 30 | Begin to Cycle | Ride Colleen |
| 05:30p | 75 | Advanced Yoga 75 | Balance Judi |
| 05:45p | | BODYPUMP® | Energy Kristin |
| 06:00p | | Group Cycle | Ride Colleen |
| 06:45p | | Zumba® | Energy Shauna |
| 07:00p | 45 | LES MILLS THE TRIP | Ride Kellie |
| 07:00p | | Vinyasa Flow | Balance Judi |
| 08:00p | | BODYPUMP® | Energy Kjerstin |
| Thursday | | | |
| 05:30a | | Barre | Balance Melanye |
| 05:30a | | Group Cycle | Ride Herb |
| 05:30a | | Run Club | ML Colleen |
| 06:30a | 30 | Stretch & Balance | Balance Colleen |
| 08:30a | 45 | Cardio Step & Sculpt | Energy Stacey |
| 08:30a | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:30a | | POP Pilates | Balance Nisi |
| 09:00a | | Aqua Athletics | IRP Melinda |
| 09:15a | | BODYPUMP® | Energy Nicole |
| 09:30a | 45 | Strength & Conditioning | Results Kim |
| 09:30a | | Barre | Balance Rachel |
| 09:30a | | Cycle & Sculpt | Ride Herb |
| 10:00a | | Gentle Aqua | ILP Melinda |
| 10:15a | | Strength & Conditioning | Energy Stacey |
| 10:30a | | Zumba® | Results Emma |
| 10:30a | 75 | Vinyasa Flow 75 | Balance Amy |
| 11:00a | 45 | LES MILLS THE TRIP | Ride Kjerstin |
| 11:30a | | Low-Impact Workout | Energy Patty |
| 12:00p | | Cycle & Sculpt | Ride Stacey |
| 12:30p | 30 | Stretch & Balance | Balance Patty |
| 12:30p | | GROOV3™ | Energy Lindsay |
| 01:00p | 30 | POP Pilates 30 | Balance Casey |
| 01:30p | | Barre | Balance Emma |
| 04:00p | 30 | Zumba® Kids Jr. (4-6) | Energy Patty |
| 04:30p | 30 | Zumba® Kids (7-12) | Balance Patty |
| 05:00p | 45 | LES MILLS THE TRIP | Ride Robert |
| 05:00p | | Strength & Conditioning | Energy Stacey |
| 05:00p | | Yin Yoga | Balance Sara N. |
| 06:00p | | Barre | Balance Stacey |
| 06:00p | | BODYATTACK® | Energy Alex |
| 06:00p | | Group Cycle | Ride Herb |
| 07:00p | | U-Jam® | Energy Robert |
| 07:00p | | Vinyasa Flow | Balance Sara N. |
| 07:15p | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:00p | | BODYPUMP® | Energy Robert |

| Tuesday | | | |
|---------|----|------------------------------|------------------|
| 05:30a | 45 | LES MILLS THE TRIP | Ride Herb |
| 05:30a | | BODYCOMBAT® | Energy Melanye |
| 06:00a | | Advanced Yoga | Balance Jessica |
| 08:30a | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:45a | 30 | CXWORX® | Energy Casey |
| 09:15a | | BODYPUMP® | Energy Nicole |
| 09:30a | | Aqua Athletics | ILP Nancy |
| 09:30a | | Cycle & Sculpt | Ride Kim |
| 09:30a | | Strength & Conditioning | MBC Patty |
| 09:30a | | Vinyasa Flow | Balance Sara O. |
| 10:15a | | U-Jam® | Energy Nisi |
| 10:30a | | Barre | Balance Stacey |
| 11:30a | | Zumba Gold® | Energy Nancy |
| 12:00p | 45 | LES MILLS THE TRIP | Ride Nicole |
| 12:30p | 30 | BODYPUMP® 30 | Energy Kjerstin |
| 01:00p | 30 | BODYCOMBAT® 30 | Energy Kjerstin |
| 01:30p | | Zumba® | Energy Emma |
| 04:00p | 30 | Zumba® Kids Jr. (4-6) | Energy Patty |
| 04:00p | 45 | LES MILLS THE TRIP | Ride Nina |
| 04:30p | 30 | POP Pilates 30 | Energy Casey |
| 04:30p | 30 | Zumba® Kids (7-12) | Balance Patty |
| 05:00p | | Gentle Yoga | Balance Judi |
| 05:00p | | Strength & Conditioning | Energy Stacey |
| 06:00p | 45 | Basic Conditioning - Ages 8+ | Energy Patty |
| 06:00p | | Cycle & Sculpt | Ride Stacey |
| 06:00p | | Yin Yoga | Balance Amy |
| 06:45p | | Zumba® | Energy Veronika |
| 07:00p | | Aqua Zumba® | IRP Bu |
| 07:00p | | Group Cycle | Ride Robert |
| 07:00p | | Mat Pilates | Balance Rachel |
| 08:00p | | U-Jam® | Energy Robert |
| Friday | | | |
| 05:30a | 30 | Strength & Conditioning 30 | Energy Melanye |
| 05:30a | 45 | LES MILLS THE TRIP | Ride Kellie |
| 05:30a | | Barre | Balance Colleen |
| 06:00a | 30 | CXWORX® | Energy Melanye |
| 06:30a | 45 | BODYPUMP® 45 | Energy Alex |
| 07:30a | | Advanced Yoga | Balance Jessica |
| 08:30a | 45 | Yoga Sculpt | Energy Stacey |
| 08:30a | | Barre | Balance Melanye |
| 09:00a | | Aqua Athletics | IRP Melinda |
| 09:15a | | Strength & Conditioning | Energy Stacey |
| 09:30a | 45 | LES MILLS THE TRIP | Ride Kim |
| 09:30a | | Vinyasa Flow | Balance Karen |
| 10:00a | | Aqua Athletics | IRP Patty |
| 10:15a | 30 | Stretch & Balance | Energy Stacey |
| 11:00a | | U-Jam® | Energy Nina |
| 11:00a | | Zumba® Toning | Results Nancy |
| 11:30a | | Gentle Yoga | Balance Courtney |
| 12:00p | 30 | POP Pilates 30 | Energy Nina |
| 12:30p | | BODYPUMP® | Energy Nicole |
| 12:30p | | Restorative Yoga | Balance Courtney |
| 04:45p | 45 | Basic Conditioning - Ages 8+ | Balance Patty |
| 04:45p | | BODYPUMP® | Energy Allison |
| 05:00p | 45 | LES MILLS THE TRIP | Ride Stacey |
| 05:30p | | Restorative Yoga | Balance Ana |
| 06:00p | 30 | Barre 30 | Energy Stacey |
| 06:00p | 45 | LES MILLS THE TRIP FAMILY | Ride Allison |
| 06:30p | | POP Pilates | Balance Nisi |

| Wednesday | | | |
|-----------|----|------------------------------|------------------|
| 05:30a | | BODYPUMP® | Energy Melanye |
| 05:30a | | Cycle & Sculpt | Ride Patrick |
| 06:00a | | Strength & Conditioning | MBC Colleen |
| 06:30a | | Advanced Yoga | Balance Jessica |
| 07:00a | 30 | Stretch & Balance | Energy Colleen |
| 08:00a | | Vinyasa Flow | Balance Jessica |
| 08:30a | 45 | LES MILLS THE TRIP | Ride Melanye |
| 08:30a | 45 | Mat Pilates | Energy Stacey |
| 09:15a | | Strength & Conditioning | Energy Stacey |
| 09:15a | 75 | Power Yoga 75 | Balance Karen |
| 09:30a | | Cycle & Sculpt | Ride Melanye |
| 10:15a | | Cardio Step & Sculpt | Energy Stacey |
| 10:30a | | BODYFLOW® | Balance Rachel |
| 11:30a | | Low-Impact Workout | Energy Melinda |
| 11:45a | 30 | Exercise for Tykes (2-4) | Balance Rachel |
| 11:45a | 45 | LES MILLS THE TRIP | Ride Stacey |
| 12:30p | | Yin Yoga | Balance Sara O. |
| 01:30p | | Zumba® | Energy Emma |
| 04:30p | | GROOV3™ | Energy Lindsay |
| 05:00p | 45 | Basic Conditioning - Ages 8+ | Results Patty |
| 05:00p | 45 | LES MILLS THE TRIP | Ride Patrick |
| 05:00p | | Barre | Balance Colleen |
| 05:30p | | Aqua Athletics | ILP Allison |
| 05:45p | | BODYPUMP® | Energy Robert |
| 06:00p | | Group Cycle | Ride Colleen |
| 06:00p | | Vinyasa Flow | Balance Judi |
| 06:45p | | BODYCOMBAT® | Energy Allison |
| 07:00p | 45 | LES MILLS THE TRIP | Ride Robert |
| 07:00p | | Yin Yoga | Balance Amy |
| Saturday | | | |
| 07:15a | | BODYPUMP® | Energy Allison |
| 07:30a | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:15a | | Zumba® | Energy Bu |
| 08:45a | | Aqua Athletics | ILP Allison |
| 08:45a | | Group Cycle | Ride Herb |
| 09:00a | | Strength & Conditioning | Results Patty |
| 09:15a | | BODYPUMP® | Energy Melanye |
| 09:30a | 30 | Exercise for Tots (9 mo-2) | Balance Ana |
| 10:00a | 30 | Exercise for Tykes (2-4) | Balance Ana |
| 10:00a | 75 | Cycle & Sculpt 75 | Ride Patty |
| 10:15a | 45 | BODYCOMBAT® 45 | Energy Allison |
| 10:30a | | POP Pilates | Balance Nisi |
| 11:00a | 45 | Strength & Conditioning | Results Allison |
| 11:00a | | GROOV3™ | Energy Nina |
| 11:30a | 45 | LES MILLS THE TRIP FAMILY | Ride Herb |
| 12:00p | 30 | Zumba® Kids Jr. (4-6) | Energy Patty |
| 12:00p | | Power Yoga | Balance Ana |
| 12:30p | 45 | LES MILLS THE TRIP | Ride Nina |
| 12:30p | 45 | Youth Hip Hop (8-13) | Results Patty |
| 12:30p | | STRONG® | Energy Emma |
| 01:30p | 45 | Basic Conditioning - Ages 8+ | Energy Patty |
| 01:30p | | Barre | Balance Emma |
| 04:30p | | Yin Yoga | Balance Shauna |
| Sunday | | | |
| 08:15a | 45 | LES MILLS THE TRIP | Ride Herb |
| 08:30a | | Barre | Balance Rachel |
| 09:00a | 30 | LES MILLS TONE™ 30 | Energy Sonja |
| 09:00a | | Aqua Athletics | IRP Melinda |
| 09:15a | | Group Cycle | Ride Herb |
| 09:30a | | BODYPUMP® | Energy Sonja |
| 09:30a | | Yin Yoga | Balance Shauna |
| 10:15a | | Cycle & Sculpt | Ride Herb |
| 10:30a | | Zumba® | Energy Veronika |
| 11:30a | | Zumba Gold® | Balance Veronika |
| 12:00p | | Strength & Conditioning | Energy Allison |
| 01:00p | | BODYCOMBAT® | Energy Allison |
| 01:30p | | Vinyasa Flow | Balance Shauna |
| 02:30p | 45 | LES MILLS THE TRIP | Ride Herb |
| 02:30p | | Restorative Yoga | Balance Courtney |
| 03:30p | 45 | Family Cycle | Ride Herb |
| 03:30p | 45 | Family Yoga | Balance Courtney |
| 04:30p | | GROOV3™ | Energy Lindsay |
| 04:30p | | Yin Yoga | Balance Shauna |

| | | | | |
|-----------------------------|------------------------|--------------------------|-----------------------|-----------------------------|
| Balance = Balance Studio | Energy = Energy Studio | ILP = Indoor Lap Pool | IRP = Indoor Rec Pool | IRP = Indoor Rec Pool Lanes |
| MBC = Main Basketball Court | ML = Main Lobby | Results = Results Studio | Ride = Ride Studio | |

- Group Exercise classes are included in your membership.
- Classes and sessions are 55 minutes unless otherwise noted.
- For courtesy and safety reasons, please be prompt for class.



- Open Studio: Studios Energy, Balance and Ride available for member use when class is not in session.

GROUP EXERCISE CLASSES

Availability varies by location. Classes are 55 minutes unless otherwise noted.
Some classes are offered in varying durations (check your local schedule for details).

Advanced Yoga

Inversion, twisting, and balance poses to improve strength, flexibility, range of motion, and balance.

Aqua Athletics

A fun low-impact workout in the water to improve strength, range of motion, and cardio fitness.

Aqua Barre

Classic ballet moves in the water with a focus on alignment, core strength, and coordination.

Aqua Pilates

Pilates in the water with props to build core strength and aid in proper body alignment.

Aqua Zumba®

A blend of Zumba® and aqua fitness exercises in a safe and challenging water-based workout.

Athletic Conditioning

Full-body intervals, circuits, and functional movements to improve cardiovascular endurance, strength, flexibility, power, speed, coordination, and agility.

Baby Yoga

(ages 6 weeks to crawling)
Bond with your baby through unique poses designed to enhance development.

Barre

Not just for dancers! Full-body toning with a focus on movement, alignment, core strength, coordination, muscle building/lengthening, and balance.

Basic Conditioning 8+

Enjoy a different circuit-style workout each week to increase your athletic skill and fitness. For all fitness levels.

Begin to Cycle

Learn proper bike setup and terminology and enjoy a great cardio workout.

BollyX

Bollywood-inspired dance fitness with dynamic choreography and intense workouts to upbeat international music.

Bombay Jam

A cardio workout with basic, easy-to-follow dance moves to Bollywood and Top 40 tracks.

Cardio Step & Sculpt

A challenging step class with choreography. You control the intensity.

Cycle & Sculpt

Cycle and sculpt with us! Cardio, intervals, and strength and core training combine in this total-body workout.

Exercise for Tots

(crawling to 24 months)
Channel your tot's energy with standing, walking, sitting, and jumping activities.

Exercise for Tykes

A class for you and your toddler to improve motor skills and attention span with songs, stories, and games.

Family Barre 8+

A family class that will improve strength and flexibility with simple ballet, Pilates, and yoga moves.

Family Cycle

For all levels, including KIDS who can reach the pedals! Learn safety, setup, and proper cycle etiquette.

Family Yoga

Stretch and strengthen mind and body with your family in a light and inviting atmosphere.

Gentle Aqua

Stretching, toning, walking, and light aerobics in the water to decrease your chance of injury.

Gentle Yoga

Achieve focus and balance, and center yourself with non-strenuous and calming poses.

GROOV3

DANCE, SWEAT & LIVE far beyond your workout in this dance party that doesn't feel like exercise!

Group Cycle

An unpredictable, challenging ride focused on cadence, heart-rate zones, drills, climbs, and sprints.

Hip-Hop Fusion

A super fun dance class with easy-to-follow choreography for all fitness levels.

LES MILLS BARRE™

Bodyweight exercises and light weights to strengthen, sculpt, and tone your body. Dance experience not required. Ballet shoes or socks recommended but not required.

LES MILLS BODYATTACK™

Build strength and stamina in this high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises.

LES MILLS BODYCOMBAT™

Non-contact martial arts with karate, taekwondo, boxing, Muay Thai, capoeira, and kung fu moves.

LES MILLS BODYFLOW™

Let the music center and calm you in this yoga, tai chi, and Pilates workout.

LES MILLS BODYJAM™

Burn calories and get fit in this addictive fusion of the latest dance styles and hottest new sounds.

LES MILLS BODYPUMP™

Full-body resistance training with barbells. The Rep Effect uses light weights and high repetition to improve strength and increase lean muscle.

LES MILLS BODYSTEP™

Shape and tone your body in this energizing step workout using simple movements with muscle conditioning tracks.

LES MILLS BORN TO MOVE™

Ages 2-3, 4-5, 6-7, 8-12
Classes designed to inspire young people to fall in love with physical activity.

LES MILLS CXWORX™

Improve functional fitness of your abs, mid-section, and glutes in this short, sharp core workout.

LES MILLS GRIT™

Athletic, Cardio, Strength
High-intensity interval training.

LES MILLS RPM™

Indoor cycling to music as you take on hills, flats, mountain peaks, time trials, and interval training.

LES MILLS SH'BAM™

A fun, insanely addictive dance workout with an ego-free zone – dance experience not required!

LES MILLS SPRINT™ (30 mins.)

Achieve results fast in this HIIT cycle class with bursts of intensity followed by periods of rest.

LES MILLS THE TRIP™ (40 mins.)

Immerse yourself in this multi-peak cycling journey through digitally-created worlds.

LES MILLS THE TRIP™ – TEEN

(40 mins.)
Immerse yourself in this multi-peak cycling journey through different gaming worlds. *You must be able to fully rotate the pedals in a seated position.*

LES MILLS TONE™

The optimal mix of strength, cardio, and core training to burn calories and improve fitness, strength, energy, flexibility, balance, and agility.

Low-Impact Workout

Cardio, strength, balance, and coordination for the beginner athlete in YOU!

Mat Pilates

Joseph Pilates mind/body exercises to improve body awareness, posture, strength, flexibility, and agility.

PiYo

Pilates, yoga, strength conditioning, flexibility, and dynamic balance in an uptempo approach to mind/body exercise.

POP Pilates

A total-body, equipment-free workout that combines Pilates with choreography and music to sculpt a solid core and lean dancer body.

POUND®

Adults (13+) | Kids (5-12) | Family (5+)
A full-body workout with Ripstix®, lightly weighted drumsticks, that transforms drumming into a fun and effective way of working out.

Power Yoga

Energetic and dynamic vinyasa flows to build internal heat and improve stamina, strength, and flexibility.

Restorative Yoga

Slow-paced and prop-supported poses to relax you and relieve chronic stress, weakness, and fatigue.

Run Club

Meet us at the Fitness Advice Center for a pre-planned, staff-led group run for all fitness levels.

Stretch & Balance

Gentle stretches for flexibility and range of motion and balance exercises for body awareness, coordination, and strength.

STRONG®

High-intensity tempo training with bodyweight, muscle conditioning, cardio, and plyometric moves for a total-body workout.

Tai Chi

Slow, focused movements and deep breathing to improve balance, agility, strength, and coordination.

Tween Cycle

Make new friends as you ride to the rhythm of your favorite songs and play games on the bike!

U-Jam

Sweat and tone with easy-to-learn dance steps choreographed to high-energy music!

Vinyasa Flow

Gain strength, flexibility, balance, and range of motion in poses synchronized to breath. For all skill levels.

Yin Yoga

Work deep within your connective tissue to improve joint mobility and relieve stress while holding poses for longer periods.

Yoga Sculpt

Yoga poses with light weights will sculpt and tone your body, boost metabolism, and increase strength.

Youth Hip-Hop

Learn the fundamentals of hip-hop through flexibility exercises, isolations, rhythms, choreography, and footwork.

Zumba®

Move your hips while burning calories and having a blast in this different, fun, and energetic class!

Zumba Gold®

Just as fun as Zumba® but not as fast! Enjoy the same Latin music and dance steps as you move to the beat.

Zumba® Kids

A high-energy class packed with specially-choreographed, kid-friendly routines, and music.

Zumba® Toning

Body-sculpting exercises and high-energy cardio with Latin moves for a calorie-torching, strength-training dance-fitness party.