

Group Exercise Schedule

January 2020

San Jose

Monday			
05:30a		Group Cycle	E Hiep
05:45a	30	BODYATTACK® 30	C Shyamali
06:15a	30	CXWORX®	C Shyamali
07:00a		POP Pilates	D Lillian
08:45a	30	CXWORX®	C Hanna
09:00a		Mat Pilates	D Carolina
09:15a	30	BODYATTACK® 30	C Hanna
09:45a		Low Impact Workout	C Ginny
10:00a		Barre	D Kimi
10:45a		Zumba®	C Rosario
11:00a	30	BORN TO MOVE® 2-3	D Danielle
11:15a		Gentle Aqua	IRP Claire
11:45a		BODYPUMP®	C Aida
12:00p		Vinyasa Flow	D Maggie
01:00p		Tai Chi	D Jeffery
05:00p		BODYFLOW®	D Eric
05:15p	30	LES MILLS GRIT® CARDIO	C Jenny
05:45p		BODYPUMP®	C Jenny
06:00p		Yoga Sculpt	D Stephanie
06:15p	45	Basic Conditioning - Ages 8+	VKC Krysten
06:30p		Cycle & Sculpt	E Linda
06:45p		Zumba®	C Simeon
07:00p		Barre	D Carolina
07:30p		Aqua Zumba®	ALP Rosa
07:45p		BombayJam®	C Percy
08:00p		Gentle Yoga	D Nguyen
Thursday			
05:45a		BODYPUMP®	C Jennifer
08:00a		Power Yoga	D Maggie
09:00a		Barre	D Allie
09:45a	30	CXWORX®	C Kimi
10:00a		Tai Chi	D Yun
10:15a	30	LES MILLS BARRE™	C Kimi
10:30a		Group Cycle	E Gay
10:45a		Zumba®	C Alice
11:30a	30	Baby Yoga	D Allie
11:45a		Low Impact Workout	C Ginny
12:00p		Vinyasa Flow	D Allie
12:15p		Gentle Aqua	IRP Claire
04:45p		Zumba®	C Alice
05:00p	30	Zumba® Kids Jr. (4-6)	VK Rosa
05:00p		BODYFLOW®	D Hanna
05:30p	30	Zumba® Kids (7-12)	VK Rosa
05:45p		BODYPUMP®	C Eric
06:00p		Yin Yoga	D Ginny
06:30p	30	LES MILLS SPRINT™	E Lulu
06:45p		BODYCOMBAT®	C Kimi, SJ
07:00p	30	Pound® for Kids (5-12)	VK Marylou
07:00p		Group Cycle	E Lulu
07:00p		Mat Pilates	D Carolina
07:45p		BombayJam®	C Percy
08:00p		Restorative Yoga	D Barani
08:45p		Zumba®	C Mona

Tuesday			
05:45a		BODYPUMP®	C Jennifer
08:00a		Power Yoga	D Ginny
08:45a	30	CXWORX®	C Kimi
09:00a		Yoga Sculpt	D Andrea
09:15a	30	BODYSTEP® 30	C Kimi
09:15a		Aqua Athletics	ILP Fernanda
09:45a		U-Jam®	C Mary Ann
10:00a		Tai Chi	D Chuanwang
10:45a	45	LES MILLS TONE™	C Kimi
11:00a	45	Stretch and Balance	D Andrea
11:45a		BombayJam®	C Nelli
12:00p		Vinyasa Flow	D Andrea
05:00p		BODYFLOW®	D Hanna
05:15p	30	BODYSTEP® 30	C Robin
05:30p	30	Zumba® Kids Jr. (4-6)	VK Rosa
05:45p	30	CXWORX®	C Robin
05:45p	45	Begin to Cycle	E Linda
06:00p	30	Zumba® Kids (7-12)	VK Rosa
06:00p		Advanced Yoga	D Maggie
06:15p	45	BODYCOMBAT® 45	C Michelle
06:30p		Group Cycle	E Linda
07:00p	45	BODYPUMP® 45	C Becky
07:00p		Gentle Yoga	D Maggie
07:30p	30	LES MILLS SPRINT™	E Lulu
07:30p		Aqua Athletics	ALP Pamela
07:45p		POP Pilates	C Lillian
08:00p		Vinyasa Flow	D Maggie
08:45p		Zumba®	C David
Friday			
05:30a		Group Cycle	E Hiep
05:45a	75	Vinyasa Flow Extended	D Jennifer
08:30a	45	POP Pilates	C Lillian
09:00a		Vinyasa Flow	D Prashant
09:15a	30	LES MILLS BARRE™	C Dominique
09:15a		Aqua Athletics	ILP Fernanda
09:45a		U-Jam®	C Dominique
10:00a		BODYFLOW®	D Veronica
10:45a	45	LES MILLS TONE™	C Carolina
11:00a	30	BORN TO MOVE® 2-3	D Danielle
11:45a		BODYPUMP®	C Lone
12:00p		Tai Chi	D Jeffery
01:00p		Yin Yoga	D Nguyen
05:15p	30	LES MILLS GRIT® ATHLETIC	C Lone
05:30p		Family Yoga 5+	D Stephanie
05:45p		Zumba®	C Simeon
06:45p		U-Jam®	C Amy

Wednesday			
05:45a		Strength & Conditioning	C Brenden
08:00a		BODYFLOW®	D Carolina
08:45a		Strength & Conditioning	C Lillian
09:00a		Vinyasa Flow	D Prashant
09:15a		Aqua Athletics	ILP Fernanda
09:45a		BODYCOMBAT®	C Kimi
10:00a		Power Yoga	D Nguyen
10:45a		Zumba®	C Rathika
11:00a		Tai Chi	D Jeffery
11:45a		BODYPUMP®	C Kimi
05:15p	30	LES MILLS GRIT® ATHLETIC	C Brenden
05:45p		U-Jam®	C Dominique
06:00p		BODYFLOW®	D Karen
06:30p		RPM®	E Lulu
06:45p		Zumba®	C Rosa
07:00p		Power Yoga	D Nguyen
07:30p		Aqua Athletics	ALP Claire
07:45p		BODYCOMBAT®	C July
08:00p		Gentle Yoga	D Nguyen
08:45p		BODYPUMP®	C July
Saturday			
08:00a		Vinyasa Flow	D Stephanie
08:45a		Zumba®	C David
09:00a		BODYFLOW®	D Kate
09:15a		Aqua Athletics	ALP Pamela
09:30a	30	LES MILLS SPRINT™	E Lulu
09:45a	45	BODYPUMP® 45	C Becky
10:00a		Mat Pilates	D Alexis
10:00a		RPM®	E Lulu
10:30a	45	BODYSTEP® 45	C Becky
11:00a		Tai Chi	D Jeffery
11:15a	60	U-Jam®	C Mary
11:30a	45	Family Cycle	E Lulu
12:15p	30	Family Pound® - Ages 5+	C Mary
12:45p		Strength & Conditioning	C Mary Ann
01:00p		Vinyasa Flow	D Ginny
02:00p		BombayJam®	C Ramya
04:45p		Zumba® Toning	C Mona
Sunday			
07:45a		BODYPUMP®	C Robin
08:00a		Barre	D Kimi
08:45a		BODYCOMBAT®	C July
09:00a	30	LES MILLS SPRINT™	E Tom
09:00a		BODYFLOW®	D Robin
09:45a		BODYPUMP®	C July
09:45a		RPM®	E Tom
10:00a		Yin Yoga	D Ginny
10:45a		Zumba®	C Shun
11:00a	75	Vinyasa Flow Extended	D Maggie
11:45a	45	Basic Conditioning - Ages 8+	C Lillian
12:30p	30	BORN TO MOVE® 4-5	D Danielle
01:00p	30	BORN TO MOVE® 6-7	D Danielle
01:30p	30	BORN TO MOVE® 8-12	D Danielle
02:00p		POP Pilates	C Lillian
03:15p	45	Family Cycle	E Lillian

C = Studio C	D = Studio D	E = Studio E	ALP = Outdoor Adult Lap Pool	ILP = Indoor Lap Pool
IRP = Indoor Rec Pool	VK = VillaKids Activity Studio	VKC = VillaKids Court		

- 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 C, D and E 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.