

# Group Exercise Schedule

# January 2020

# The Woodlands

| Monday |    |                         |                     |
|--------|----|-------------------------|---------------------|
| 05:30a |    | BODYPUMP®               | A Veronica          |
| 05:30a |    | Group Cycle             | B Mindy             |
| 06:00a |    | Gentle Yoga             | C Lonnell           |
| 06:30a | 30 | LES MILLS SPRINT™       | B Teresa            |
| 07:45a | 45 | Low-Impact Workout      | E Stephanie         |
| 08:15a | 45 | Barre                   | CR Katy             |
| 08:15a | 45 | Mat Pilates             | C Kirsten           |
| 08:15a |    | BODYPUMP®               | A Chelsea H., Marcy |
| 09:00a | 45 | Cardio Step and Sculpt  | CR Kirsten          |
| 09:00a |    | Aqua Barre              | ORP Anna            |
| 09:00a |    | Gentle Yoga             | C Nuchapan          |
| 09:00a |    | Group Cycle             | B Sarah G P         |
| 09:15a |    | BODYPUMP®               | A Tammy             |
| 10:00a | 45 | Aqua Zumba              | ORP Deisy           |
| 10:00a |    | PiYo                    | C Andrea            |
| 10:00a |    | Strength & Conditioning | CR Katie            |
| 10:15a | 45 | Begin to Cycle          | B Sarah G P         |
| 10:30a | 45 | Zumba                   | A Jacob             |
| 11:00a |    | BODYCOMBAT®             | CR Jodie            |
| 11:00a |    | Vinyasa Flow            | C Tiffany           |
| 11:15a | 30 | LES MILLS SPRINT™       | B Stacey            |
| 11:15a | 45 | STRONG                  | A Viry              |
| 12:00p | 30 | CXWORX®                 | CR Stacey           |
| 12:00p | 45 | POP Pilates             | C Tiffany           |
| 12:00p |    | BODYPUMP®               | A Caroline          |
| 01:00p | 75 | Vinyasa Flow 75         | C Susan G.          |
| 04:30p | 45 | Family Yoga             | C Mariangel         |
| 04:30p |    | BODYCOMBAT®             | A Jinn              |
| 05:15p | 45 | POP Pilates             | C Erin              |
| 05:30p | 30 | LES MILLS SPRINT™       | B Jennifer          |
| 05:30p |    | BODYPUMP®               | A Marie             |
| 05:45p |    | Barre                   | CR Beth             |
| 06:00p |    | BODYFLOW®               | C Susan D.          |
| 06:30p | 30 | LES MILLS SPRINT™       | B Morris            |
| 06:30p |    | Aqua Zumba              | IRP Deisy           |
| 06:30p |    | Hip-Hop Fusion          | A Paul              |

| Thursday |    |                          |                  |
|----------|----|--------------------------|------------------|
| 05:30a   | 30 | CXWORX®                  | C Marcy          |
| 05:30a   |    | BODYCOMBAT®              | A Todd           |
| 05:30a   |    | Group Cycle              | B Mindy          |
| 06:00a   | 30 | Strength & Conditioning  | C Chelsea E.     |
| 06:30a   | 30 | LES MILLS SPRINT™        | B Jodie          |
| 08:00a   | 45 | Mat Pilates              | CR Kirsten       |
| 08:15a   |    | BODYPUMP®                | A Susan D.       |
| 08:30a   | 30 | CXWORX®                  | C Jodie          |
| 08:45a   | 45 | Cardio Step and Sculpt   | CR Kirsten       |
| 09:00a   | 45 | RPM®                     | B Megan          |
| 09:00a   |    | Aqua Athletics           | ORP Angelika     |
| 09:00a   |    | BODYCOMBAT®              | C Jodie          |
| 09:15a   |    | BODYPUMP®                | A Tammy          |
| 09:30a   |    | Barre                    | CR Amy           |
| 09:45a   |    | Group Cycle              | B Marie          |
| 10:00a   | 45 | Aqua Zumba               | ORP Deisy        |
| 10:00a   |    | BODYFLOW®                | C Susan D.       |
| 10:15a   |    | BODYPUMP®                | A Jodie          |
| 10:30a   | 45 | Stretch and Balance      | CR Amy           |
| 10:45a   | 30 | LES MILLS SPRINT™        | B Marcy, Stacey  |
| 11:00a   |    | Vinyasa Flow             | C Tiffany        |
| 11:15a   | 45 | Zumba Toning             | A Viry           |
| 11:30a   | 30 | CXWORX®                  | CR Toni          |
| 12:00p   | 30 | LES MILLS GRIT® STRENGTH | A Aima, Caroline |
| 12:00p   | 45 | Barre                    | CR Anna          |
| 12:00p   |    | Mat Pilates              | C Tiffany        |
| 01:00p   | 75 | Gentle Yoga Extended     | C Nuchapan       |
| 04:30p   |    | BODYPUMP®                | A Jinn           |
| 04:45p   | 30 | BORN TO MOVE® 4-5        | VKA Erin         |
| 05:30p   | 30 | LES MILLS GRIT® ATHLETIC | A Teresa         |
| 05:30p   | 45 | Hip-Hop Fusion           | CR Paul          |
| 05:30p   |    | Group Cycle              | B Jeri           |
| 05:30p   | 75 | Vinyasa Flow 75          | C Susan G.       |
| 06:00p   | 30 | LES MILLS GRIT® CARDIO   | A Teresa         |
| 06:30p   |    | BODYPUMP®                | A Drew           |
| 07:00p   |    | Restorative Yoga         | C Susan G.       |

| Tuesday |    |                         |               |
|---------|----|-------------------------|---------------|
| 05:30a  | 30 | CXWORX®                 | C Marcy       |
| 05:30a  |    | BODYCOMBAT®             | A Todd        |
| 05:30a  |    | Group Cycle             | B Robin       |
| 06:00a  | 30 | Strength & Conditioning | C Chelsea E.  |
| 06:30a  | 30 | LES MILLS SPRINT™       | B Veronica    |
| 08:15a  |    | BODYPUMP®               | A Susan D.    |
| 08:30a  | 30 | CXWORX®                 | C Jodie       |
| 08:30a  |    | Barre                   | CR Katy       |
| 08:45a  |    | Group Cycle             | B Kerri       |
| 09:00a  |    | Aqua Athletics          | ORP Angelika  |
| 09:00a  |    | BODYCOMBAT®             | C Jodie       |
| 09:15a  |    | BODYPUMP®               | A Tammy       |
| 09:30a  |    | STRONG                  | CR Deisy      |
| 09:45a  | 45 | RPM®                    | B Megan       |
| 10:15a  |    | BODYPUMP®               | A Drew        |
| 10:15a  |    | PiYo                    | C Chelsea H.  |
| 10:30a  |    | Mat Pilates             | CR Amy        |
| 10:45a  | 30 | LES MILLS SPRINT™       | B Marcy       |
| 11:15a  | 45 | Zumba                   | A Jacob       |
| 11:30a  | 30 | CXWORX®                 | C Tiffany     |
| 11:30a  | 45 | Stretch and Balance     | CR Amy        |
| 12:00p  | 30 | LES MILLS GRIT® CARDIO  | A Aima        |
| 12:00p  |    | Vinyasa Flow            | C Tiffany     |
| 01:00p  | 75 | Gentle Yoga Extended    | C Nuchapan    |
| 04:30p  |    | BODYPUMP®               | A Drew, Marie |
| 05:30p  |    | Gentle Yoga             | C Mariangel   |
| 05:30p  |    | Hip-Hop Fusion          | CR Paul       |
| 05:30p  |    | Strength & Conditioning | A Jeri        |
| 05:45p  | 30 | LES MILLS SPRINT™       | B Teresa      |
| 06:30p  | 30 | BODYATTACK®             | CR Teresa     |
| 06:30p  | 45 | RPM®                    | B Jennifer    |
| 06:30p  |    | BODYPUMP®               | A Vanessa     |
| 06:30p  |    | Vinyasa Flow            | C Mariangel   |
| 07:00p  | 30 | CXWORX®                 | CR Teresa     |

| Friday |    |                          |                     |
|--------|----|--------------------------|---------------------|
| 05:30a |    | BODYPUMP®                | A Marcy, Veronica   |
| 05:30a |    | Group Cycle              | B Dana, Robin       |
| 06:00a |    | Gentle Yoga              | C Lonnell           |
| 06:30a | 30 | LES MILLS SPRINT™        | B Jodie             |
| 07:45a | 45 | Low-Impact Workout       | E Stephanie         |
| 08:00a |    | PiYo                     | C Andrea            |
| 08:15a | 45 | Cardio Step and Sculpt   | CR Kirsten          |
| 08:15a |    | BODYPUMP®                | A Chelsea H., Marcy |
| 08:15a |    | Group Cycle              | B Katy              |
| 09:00a |    | Aqua Athletics           | ORP Angelika        |
| 09:00a |    | Mat Pilates              | CR Kirsten          |
| 09:00a |    | Run Club                 | FL Sarah G P        |
| 09:00a |    | Strength & Conditioning  | C Katie             |
| 09:15a |    | BODYPUMP®                | A Tammy             |
| 09:30a |    | Group Cycle              | B Marie             |
| 10:00a |    | Barre                    | CR Katy             |
| 10:00a |    | Vinyasa Flow             | C Tiffany           |
| 10:15a | 30 | LES MILLS GRIT® ATHLETIC | A Tammy             |
| 11:00a | 45 | Low-Impact Workout       | CR Anna             |
| 11:00a |    | PiYo                     | C Kerri             |
| 11:15a | 30 | LES MILLS SPRINT™        | B Stacey            |
| 11:15a | 45 | Zumba                    | A Viry              |
| 12:00p | 30 | CXWORX®                  | CR Stacey           |
| 12:00p |    | BODYPUMP®                | A Susan D.          |
| 12:00p |    | Gentle Yoga              | C Susan G.          |
| 01:00p |    | Yin Yoga                 | C Susan G.          |
| 04:30p |    | BODYCOMBAT®              | A Jinn              |
| 05:30p |    | BODYPUMP®                | A Vanessa           |
| 05:30p |    | Hip-Hop Fusion           | CR Paul             |
| 06:30p |    | Gentle Yoga              | C Mariangel         |

| Wednesday |    |                         |               |
|-----------|----|-------------------------|---------------|
| 05:30a    |    | BODYPUMP®               | A Marcy       |
| 05:30a    |    | Group Cycle             | B Dana        |
| 06:30a    | 30 | LES MILLS SPRINT™       | B Jennifer    |
| 07:00a    |    | Gentle Yoga             | C Mariangel   |
| 08:15a    | 45 | BODYPUMP®               | A Jodie       |
| 08:15a    | 45 | Mat Pilates             | C Kirsten     |
| 08:30a    |    | Barre                   | CR Katy       |
| 09:00a    | 45 | RPM®                    | B Jennifer    |
| 09:00a    |    | Aqua Barre              | ORP Anna      |
| 09:00a    |    | PiYo                    | C Katie       |
| 09:00a    |    | Run Club                | FL Sarah G P  |
| 09:15a    |    | Strength & Conditioning | A Amanda      |
| 09:30a    | 30 | CXWORX®                 | CR Marcy      |
| 10:00a    | 45 | Barre                   | CR Amy        |
| 10:00a    |    | Group Cycle             | B Jennifer    |
| 10:00a    |    | Mat Pilates             | C Angelika    |
| 10:15a    |    | Zumba                   | A Maricela    |
| 11:00a    | 30 | BODYCOMBAT® 30          | CR Bethany    |
| 11:00a    |    | POP Pilates             | C Chelsea H.  |
| 11:15a    | 30 | LES MILLS SPRINT™       | B Toni        |
| 11:15a    | 45 | Zumba Gold              | A Deisy       |
| 11:30a    | 30 | CXWORX®                 | CR Stacey     |
| 12:00p    |    | Barre                   | CR Anna       |
| 12:00p    |    | BODYPUMP®               | A Susan D.    |
| 12:00p    |    | Gentle Yoga             | C Amy         |
| 01:00p    |    | Yin Yoga                | C Amy         |
| 04:15p    |    | Gentle Yoga             | C Nuchapan    |
| 04:30p    |    | BODYCOMBAT®             | A Jinn        |
| 05:15p    | 45 | Zumba Kids 7-12         | VKA Elizabeth |
| 05:30p    |    | BODYPUMP®               | A Jinn        |
| 05:30p    |    | Group Cycle             | B Jennifer    |
| 05:30p    |    | Vinyasa Flow            | C Tiffany     |
| 05:45p    | 45 | Barre                   | CR Anna       |
| 06:30p    | 30 | LES MILLS SPRINT™       | B Morris      |
| 06:30p    |    | Aqua Athletics          | IRP Micki     |
| 06:30p    |    | Hip-Hop Fusion          | CR Paul       |
| 06:30p    |    | Zumba                   | A Deisy       |

| Saturday |    |                          |                |
|----------|----|--------------------------|----------------|
| 07:30a   | 75 | Group Cycle              | B Megan        |
| 08:15a   |    | BODYPUMP®                | A Drew, Teresa |
| 08:30a   |    | BODYCOMBAT®              | CR Bethany     |
| 09:00a   |    | Aqua Athletics           | ORP Micki      |
| 09:00a   |    | BODYFLOW®                | C Susan D.     |
| 09:15a   |    | BODYPUMP®                | A Jodie        |
| 09:30a   |    | Group Cycle              | B Meghan       |
| 09:45a   | 30 | CXWORX®                  | CR Stephani    |
| 10:00a   | 30 | Zumba Kids 4-6           | VKA Elizabeth  |
| 10:00a   |    | Vinyasa Flow             | C Angelika     |
| 10:15a   | 45 | Zumba                    | CR Deisy       |
| 10:15a   |    | BODYCOMBAT®              | A Jodie        |
| 10:30a   | 30 | LES MILLS SPRINT™        | B Stephani     |
| 10:30a   | 30 | Zumba Kids 7-12          | VKA Elizabeth  |
| 11:00a   |    | Barre                    | CR Katy        |
| 11:00a   |    | Mat Pilates              | C Angelika     |
| 11:15a   | 45 | Zumba                    | A Viry         |
| 12:00p   | 30 | LES MILLS GRIT® STRENGTH | A Caroline     |
| 12:00p   | 45 | RPM®                     | B Jennifer     |
| 12:00p   |    | Family Yoga              | C Mariangel    |
| 12:30p   | 30 | LES MILLS GRIT® CARDIO   | A Caroline     |

| Sunday |    |                          |                       |
|--------|----|--------------------------|-----------------------|
| 09:15a |    | BODYPUMP®                | A Veronica            |
| 10:00a |    | Zumba                    | C Maricela            |
| 10:15a | 30 | CXWORX®                  | CR Jinn               |
| 10:15a | 30 | LES MILLS SPRINT™        | B Jodie               |
| 10:15a |    | BODYPUMP®                | A Tammy               |
| 11:00a |    | Barre                    | CR Beth               |
| 11:00a |    | BODYCOMBAT®              | C Jinn                |
| 11:15a | 30 | LES MILLS GRIT® ATHLETIC | A Teresa              |
| 11:45a | 30 | LES MILLS GRIT® STRENGTH | A Teresa              |
| 12:00p |    | PiYo                     | C Kerri               |
| 12:15p | 30 | CXWORX®                  | A Teresa              |
| 12:30p | 45 | Family Cycle             | B Jennifer            |
| 01:15p |    | Vinyasa Flow             | C Mariangel, Susan G. |
| 02:15p |    | Gentle Yoga              | C Mariangel, Susan G. |
| 03:15p |    | Restorative Yoga         | C Mariangel, Susan G. |

|                  |                              |                               |                          |                |
|------------------|------------------------------|-------------------------------|--------------------------|----------------|
| A = Studio A     | B = Studio B                 | C = Studio C                  | E = Studio E             | CR = Club Room |
| FL = Front Lobby | IRP = Indoor Recreation Pool | ORP = Outdoor Recreation Pool | VKA = VillaKids Studio A |                |

- 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 A, B, C 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.