

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.