

## Group Exercise Schedule

# SAMPLE

## Roseville

MONDAY			
Time	Duration	Class	Location
5:15am		RPM	Ride
5:30am		Body Pump	Energy
7:00am		Power Yoga	Balance
8:45am		Group Cycle	Ride
9:00am		Aqua Athletics	ORP
9:15am		Vinyasa Flow	Balance
9:30am		Body Combat	Energy
9:45am	30	SPRINT	Ride
10:30am		Zumba	Energy
12:15pm	45	Group Cycle 45	Ride
12:00pm		Gentle Yoga	Balance
12:00pm		Body Pump	Energy
4:30pm		Body Step	Energy
4:45pm		Family Cycle	Ride
5:30pm	30	Body Pump 30	Energy
5:45pm	30	SPRINT	Ride
6:00pm		Born to Move 8-12	Energy
6:30pm		Sh/bam	Energy
7:00pm		Body Flow	Balance
7:30pm		Barre	Energy

TUESDAY			
Time	Duration	Class	Location
5:30am		LES MILLS TONE	Energy
8:15am		Body Flow	Balance
8:30am		Zumba	Energy
8:45am		RPM	Ride
9:15am		Yoga Sculpt	Balance
9:30am	30	Body Pump 30	Energy
10:00am	30	CXWORX	Energy
10:15am		Born to Move 4-5	Balance
10:30am		Low Impact Workout	Energy
12:00pm		Gentle Aqua	IRP
4:30pm		Strength & Conditioning	Energy
4:45pm		Tween Cycle	Ride
5:00pm		Vinyasa Yoga	Balance
5:30pm		Body Combat	Energy
5:45pm		Group Cycle	Ride
6:00pm		Yin Yoga	Balance
6:30pm		LES MILLS GRIT STRENGTH	Energy

WEDNESDAY			
Time	Duration	Class	Location
5:15am		Group Cycle	Ride
5:30am		Power Yoga	Balance
6:00am		Barre	Energy
8:15am		Vinyasa Flow	Balance
8:45am	30	SPRINT	Ride
9:00am		Aqua Zumba	ORP
9:15am		Body Flow	Balance
9:30am		LES MILLS TONE	Energy
9:45am		RPM	Ride
10:15am		Restorative Yoga	Balance
10:30am		Body Attack	Energy
12:00pm		Mat Pilates	Balance
12:00pm	30	Body Pump 30	Energy
12:30pm	30	CXWORX	Energy
4:45pm	30	SPRINT	Ride
5:00pm		Mat Pilates	Balance
5:30pm		Body Pump	Energy
5:45pm		RPM	Ride
5:45pm		Aqua Pilates	IRP
6:00pm		Gentle Yoga	Balance
6:30pm		LES MILLS GRIT CARDIO	Energy

THURSDAY			
Time	Duration	Class	Location
5:30am		Body Step	Energy
8:15am	30	LES MILLS BARRE	Energy
8:45am		Group Cycle	Ride
9:15am		Vinyasa	Balance
9:30am		LES MILLS GRIT STRENGTH	Energy
10:15am		Born to Move 2-3	Balance
10:30am		Zumba Gold	Energy
12:00pm		Aqua Zumba	IRP
5:00pm		Advanced Yoga	Balance
5:30pm		Strength & Conditioning	Energy
5:45pm		Group Cycle	Ride
6:00pm		Restorative Yoga	Balance
6:30pm		Zumba	Energy
6:45pm		RPM	Ride
7:30pm		Body Pump	Energy

FRIDAY			
Time	Duration	Class	Location
8:30am		Body Pump	Energy
9:00am		Gentle Aqua	ORP
9:15am		Yoga Sculpt	Balance
9:30am		Zumba	Energy
9:45am		Group Cycle	Ride
10:15am		Mat Pilates	Balance
10:30am		Zumba Toning	Energy
11:15am		Baby Yoga	Balance
4:00pm		Family Yoga	Balance
4:30pm		LES MILLS GRIT STRENGTH	Energy
5:00pm		Restorative Yoga	Balance
5:30pm		Body Jam	Energy

SATURDAY			
Time	Duration	Class	Location
8:15am		Vinyasa Flow	Balance
8:15am		Run Club	Lobby
8:15am		Aqua Zumba	ORP
8:30am		Body Step	Energy
9:00am		Power Yoga	Balance
9:15am	30	SPRINT	Ride
9:30am	30	Body Pump 30	Energy
10:00am	30	CXWORX	Energy
10:00am		Family Cycle	Ride
10:30am		Low Impact	Energy
11:00am		Begin to Cycle	Ride
12:00pm		Gentle Aqua	ORP
3:00pm		Born to Move 6-7	Energy
4:00pm		Body Pump	Energy

SUNDAY			
Time	Duration	Class	Location
8:30am		Yoga Sculpt	Balance
8:30am		Body Pump	Energy
9:30am		Body Combat	Energy
10:15am		RPM	Ride
12:00pm		Family Yoga	Balance

- Group Ex 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: Energy, Balance and Ride studios available for member use when class is not in session.

### LOCATIONS

- Connect Studio
- Results Studio
- Energy Studio
- Balance Studio
- Ride Studio
- Indoor Rec Pool (IRP)
- Outdoor Rec Pool (ORP)

# GROUP EXERCISE CLASSES

More than 180 group exercise classes per week are included in your membership.

Classes are 55 minutes unless otherwise noted. Some classes are offered in varying durations. Availability varies by location.

## 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 minutes)

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

## 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® and POUND® 5-12

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 *(varies by location)*

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.