

Monday			
05:30a		BODYPUMP®	C Sonja
05:30a		Cycle & Sculpt	E Melanye
05:30a		Yoga Sculpt	D Karen
06:00a		Athletic Conditioning	MBC Colleen
08:30a	45	Cardio Step & Sculpt	C Stacey
08:30a		Cycle & Sculpt	E Melanye
09:15a		Athletic Conditioning	C Stacey
09:30a		Yin Yoga	D Amy
09:30a	75	Cycle and Sculpt Extended	E Patty
10:00a		Aqua Athletics	IRP Melinda
10:30a		Mat Pilates	D Stacey
10:30a		Zumba®	C George
11:30a		Low-Impact Workout	C Ethan
12:30p		Athletic Conditioning	C Stacey
12:30p		Vinyasa Yoga	D Sara
04:30p	45	LES MILLS BARRE™ 45	D Rachel
04:45p	45	BODYCOMBAT®	C Kristin
05:30p	30	Begin to Cycle	E Colleen
05:30p	75	Advanced Yoga Extended	D Judi
05:45p		BODYPUMP®	C Kristin
06:00p		Group Cycle	E Colleen
06:45p		Zumba®	C Brianne
07:00p		Stretch & Balance	TF Colleen
07:00p		Vinyasa Yoga	D Judi
07:30p	30	LES MILLS SPRINT™	E Kai
08:00p		BODYPUMP®	C Robert
08:00p		STRONG®	D Kai
Thursday			
05:30a		Barre	D Melanye
05:30a		BODYPUMP®	C Alex S.
05:30a		Group Cycle	E Herb
05:30a		Run Club	ML Colleen
06:30a	30	Stretch & Balance	D Colleen
07:00a		Yin Yoga	D Amy
08:30a	45	Cardio Step & Sculpt	C Stacey
08:30a		Group Cycle	E Herb
09:00a	30	CXWORX®	B Casey
09:00a		Aqua Athletics	ALP Melinda
09:15a		BODYPUMP®	C Alex S.
09:30a	45	Athletic Conditioning	B Kim
09:30a		Barre	D Rachel
09:30a		Cycle & Sculpt	E Kai
10:00a		Gentle Aqua	ILP Melinda
10:15a		BODYCOMBAT®	C Alex S.
10:30a		Zumba®	B Emma
10:30a	75	Vinyasa Yoga Extended	D Amy
11:30a		Zumba Gold®	C Naoko
12:00p		Cycle & Sculpt	E Stacey
12:30p	30	BODYPUMP® 30	C BV
12:30p	30	Stretch & Balance	D Naoko
01:00p	30	CXWORX®	C BV
01:30p		Barre	D Emma
04:00p	30	Zumba® Kids Jr. (4-6)	C Patty
04:30p	30	Zumba® Kids (7-12)	D Patty
05:00p		Athletic Conditioning	C Stacey
05:30p	30	STRONG 30™	D Alex T.
06:00p		Barre	D Stacey
06:00p		BODYATTACK®	C Alex T.
06:00p		Group Cycle	E Herb
07:00p	30	Stretch & Balance	TF Colleen
07:00p		Aqua Zumba®	ILP Tyler
07:00p		U-Jam®	C Robert
07:00p		Vinyasa Yoga	D Judi
07:15p		Group Cycle	E Herb
08:00p		BODYPUMP®	C Robert

Tuesday				
05:30a		BODYCOMBAT®	C Melanye	
05:30a		Group Cycle	E Herb	
05:30a		Power Yoga	D Nani	
06:30a		Pound®	C Nani	
07:00a		Yin Yoga	D Amy	
08:15a	45	Tai Chi	D Danielle	
08:45a	30	CXWORX®	C Casey	
09:00a		Aqua Athletics	ILP Ethan	
09:15a		BODYPUMP®	C Kai	
09:30a		Athletic Conditioning	MBC Patty	
09:30a		Cycle & Sculpt	E Kim	
09:30a		Vinyasa Yoga	D Sara	
10:15a		U-Jam®	C Nina	
10:30a		Barre	D Stacey	
11:30a		Zumba Gold®	C Nancy	
12:00p		Cycle & Sculpt	E Kai	
12:30p	30	BODYPUMP® 30	C BV	
12:30p		Mat Pilates	D Rachel	
01:00p	30	CXWORX®	C BV	
01:30p		Zumba®	C Emma	
04:00p	30	Zumba® Kids Jr. (4-6)	C Patty	
04:30p	30	POP Pilates 30	C Casey	
04:30p	30	Zumba® Kids (7-12)	D Patty	
05:00p		Athletic Conditioning	C Stacey	
05:00p		STRONG®	D Cinnamin	
06:00p	45	Basic Conditioning - Ages 8+	C Patty	
06:00p		Barre	D Cinnamin	
06:00p		Cycle & Sculpt	E Stacey	
06:45p		Zumba®	C George	
07:00p		Aqua Zumba®	ALP Bu	
07:00p		Group Cycle	E Robert	
07:00p		Yin Yoga	D Amy	
08:00p		U-Jam®	C Robert	
Friday				
05:30a	30	Athletic Conditioning Express	C Will	
05:30a		Group Cycle	E Colleen	
06:00a	30	CXWORX®	C Melanye	
06:30a	45	BODYPUMP® 45	C Alex T.	
07:45a	45	Tai Chi	D Danielle	
08:30a	45	Yoga Sculpt	C Stacey	
08:30a		Barre	D Melanye	
09:00a		Aqua Athletics	ILP Melinda	
09:15a		Athletic Conditioning	C Stacey	
09:30a		Cycle & Sculpt	E Kim	
09:30a		Vinyasa Yoga	D Karen	
10:00a		Aqua Athletics	FLP Ethan	
10:30a		Mat Pilates	D Kim	
11:00a		U-Jam®	C Nina	
11:00a		Zumba Gold®	B Nancy	
12:00p	30	POP Pilates 30	C Nina	
12:00p		Group Cycle	E Patrick	
12:00p		Restorative Yoga	D Courtney	
12:30p		BODYCOMBAT®	C Alex S.	
04:00p	30	LES MILLS GRIT® ATHLETIC	C Kai	
04:30p		BODYPUMP®	C Allison	
04:45p	45	Basic Conditioning - Ages 8+	D Patty	
05:00p		Cycle & Sculpt	E Stacey	
05:30p		Restorative Yoga	D Ana F.	
06:30p		POP Pilates	D Nisi	
06:30p		Zumba®	C Tino	

Wednesday			
05:30a		BODYPUMP®	C Melanye
05:30a		Cycle & Sculpt	E Will
06:00a		Athletic Conditioning	MBC Colleen
08:30a	45	Mat Pilates	C Stacey
08:30a		Cycle & Sculpt	E Melanye
09:00a		Aqua Zumba®	ILP Tyler
09:15a		Athletic Conditioning	C Stacey
09:15a	75	Power Yoga Extended	D Traci
09:30a		Cycle & Sculpt	E Melanye
10:15a		Cardio Step & Sculpt	C Stacey
10:30a		BODYFLOW®	D Rachel
11:30a		Low-Impact Workout	C Will
11:45a	30	Exercise for Tykes	D Rachel
11:45a	45	Group Cycle	E Stacey
12:30p		Athletic Conditioning	C Will
12:30p		Yin Yoga	D Sara
01:30p		Zumba®	C Kai
03:30p		STRONG®	D Emma
03:45p	45	Tween Cycle	E Patty
04:30p	30	Family Yoga 30	D Judi
04:30p		POP Pilates	C Nina
05:00p	45	Basic Conditioning - Ages 8+	B Will
05:00p		Group Cycle	E Patrick
05:15p	45	LES MILLS BARRE™ 45	D Kai
05:30p		Aqua Zumba®	ILP Allison
05:45p		BODYPUMP®	C Nina
06:00p		Group Cycle	E Colleen
06:00p		Vinyasa Yoga	D Judi
06:45p		BODYCOMBAT®	C Allison
07:00p	30	Stretch & Balance	TF Colleen
07:00p		Cycle & Sculpt	E Kai
07:00p		Yin Yoga	D Amy
08:00p		BODYJAM®	C Kai
Saturday			
07:15a		BODYPUMP®	C Allison
07:30a		Group Cycle	E Herb
08:15a		Zumba®	C Bu
08:15a	75	Power Yoga Extended	D Judi
08:30a		Athletic Conditioning	B Patty
08:45a		Aqua Zumba®	ALP Ana O.
08:45a		Group Cycle	E Herb
09:15a		BODYPUMP®	C Melanye
10:00a	75	Cycle and Sculpt Extended	E Patty
10:15a	45	Athletic Conditioning	C Will
10:30a		POP Pilates	D Nisi
11:00a		GROOV3™	C Nina
11:30a	45	Family Cycle	E Herb
11:30a		BODYCOMBAT®	B Allison
12:00p	30	Zumba® Kids Jr. (4-6)	C Patty
12:30p	45	Youth Hip Hop	B Patty
01:30p	45	Basic Conditioning - Ages 8+	C Patty
01:30p		Barre	D Emma
Sunday			
08:00a		Group Cycle	E Herb
08:30a		Barre	D Brianne
09:00a	30	LES MILLS TONE™ 30	C Sonja
09:00a		Aqua Zumba®	ILP Tyler
09:15a		Group Cycle	E Herb
09:30a		BODYPUMP®	C Sonja
09:30a		Yin Yoga	D Shauna
10:15a		Cycle & Sculpt	E Patty
10:30a		STRONG®	D Cinnamin
10:30a		Zumba®	C George
11:30a		Zumba Gold®	D Ana O.
12:00p		Athletic Conditioning	C Patty
01:00p		BODYCOMBAT®	C Allison
01:30p		Vinyasa Yoga	D Shauna
02:00p		Zumba®	C Tino
02:30p		Restorative Yoga	D Courtney
03:30p	45	Family Cycle	E Herb
03:30p	45	Family Yoga	D Courtney

B = Studio B	C = Studio C	D = Studio D	E = Studio E	ALP = Outdoor Adult Lap Pool
FLP = Outdoor Family Lap Pool	ILP = Indoor Lap Pool	IRP = Indoor Rec Pool Lanes	MBC = Main Basketball Court	ML = Main Lobby
TF = Training Floor				

- 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

Not all classes are offered at each location – Please check the local schedule for offerings.

## Advanced Yoga

Taking poses to a deeper level through twisting, inversions, and balance challenges. These poses will enable growth in strength, flexibility, range of motion and balance.

## Aqua Athletics

Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.

## Aqua Barre

Classic ballet concepts using the water as resistance. Focus on alignment, core strength and coordination.

## Aqua Pilates

Traditional Pilates in combination with the natural resistance of water and use of props to build core strength and aid in proper body alignment.

## Aqua Zumba®

Blends the Zumba® formula and philosophy with traditional aqua fitness disciplines in a safe, challenging, water-based workout.

## Athletic Conditioning

Intervals, circuits, obstacle courses, BOSU and endurance games to train the entire body.

## Baby Yoga (ages 6 weeks to crawling)

Unique poses designed to enhance your baby's development. Each class is filled with nurturing and calming ways to bond baby and parent.

## Basic Conditioning (ages 8+)

Designed for adults and youth, this circuit style workout changes from week to week. Increase your athletic skill and fitness for everyday life. This class is for any level of fitness. (Ages 10 - 12 require adult sign-in and sign-out)

## Barre

Not just for dancers! Based on classical ballet concepts, this class will focus on movement, alignment, core strength, coordination, building and lengthening of muscles and balance. This class will tone the entire body with ballet bars, light weights and props.

## Begin to Run

This class is designed to get new runners and walkers out of their comfort zones with indoor and outdoor workouts.

## Begin to Cycle

Beginners will learn proper bike setup and terminology and enjoy a great cardio workout.

## BODYATTACK™ (a LES MILLS™ class)

A sports-inspired cardio workout for strength and stamina. For the weekend athlete to the hard-core competitor!

## BODYCOMBAT™ (a LES MILLS™ class)

A non contact, martial arts based class with moves from karate, Taekwondo, kung fu, kickboxing, Muay Thai and tai chi.

## BODYFLOW™ (a LES MILLS™ class)

The yoga, tai chi and Pilates workout that leaves you feeling long, strong, centered and calm.

## BODYJAM™ (a LES MILLS™ class)

Cardio fun set to the latest music and greatest dance moves. Burn calories while increasing your fitness level and learn to dance better.

## BODYPUMP™ (a LES MILLS™ class)

The ultimate resistance training class that combines movement with a specially designed barbell system

## BODYSTEP™ (a LES MILLS™ class)

An energizing step workout using an adjustable step and simple movements.

## BORN TO MOVE™ (a LES MILLS™ class)

An exercise program that combines music and movement to motivate kids and inspire a lifelong love of movement.

Ages 2 - 3 and 4 - 5

Imagination, exploration, music and movement

Ages 6 - 7

Playful movement, music and games

Ages 8 - 12

Dynamic games, movement and music

## Cardio Step and Sculpt

Perform movements on and off a step platform, with or without risers. This class consists of choreography patterns with intensity levels determined by speed and travel.

## CXWORX™ (a Les Mills™ class)

A short, sharp core workout that'll inspire you to the next level of fitness, while strengthening and toning your body.

## Exercise for Tots (crawling to 24 mos.)

Crawlers and walkers have a lot of energy, so let's teach them to use it. We engage in activities while standing, walking, sitting and jumping.

## Exercise for Tykes (ages 2-4 years)

Toddler-friendly activities with songs, stories and games designed to improve motor skills and attention span. A class for you and your child.

## Family Conditioning (ages 6+)

Play games and sweat together in cardio and strength circuits. Increase your fitness level together as a family!

## Family Cycle

Geared to all levels, including YOUR KIDS! Learn safety, setup, and proper cycle etiquette. Bring the family for a great workout. (Children must be able to comfortably reach the pedals.)

## Family Yoga (ages 5+)

Yoga for your family! An empowering session to bond with your family. A light and inviting atmosphere to stretch and strengthen mind and body together. All families welcome.

## Gentle Aqua

Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics.

## Gentle Stretches and Balance

This class focuses on flexibility and range of motion through basic gentle stretches while standing and laying on the mat. Basic balance exercises are done to promote body awareness, coordination and strength.

## Gentle Yoga

A great workout without putting unnecessary strain on your body, modifying standard yoga poses and maintaining a relaxed pace. Achieve focus and balance, and center yourself.

## Group Cycle

A cardio workout performed on a stationary bike based on cycling principles. Classes focus on cadence, heart-rate zones, drills, climbs and sprints for an unpredictable, challenging ride.

## Hip Hop Fusion

A super fun dance class with a hip hop focus! Easy to follow choreography for all levels.

## Kids Yoga (ages 3 - 7)

This class teaches concentration, relaxation and compassion. Each class will have a theme to excite and motivate.

## LM TONE (a LES MILLS™ class)

Burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

## Low Impact Workout

Combines cardio, strength, balance and coordination for the beginner athlete in YOU! Fun yet challenging moves to increase fitness level.

## Mat Pilates

An innovative system of mind/body exercise based on the principles of Joseph Pilates, which teach body awareness and good posture, and increase core strength, flexibility and agility.

## Open Cycle & Studio

Drop in for a non-instruction cycle, practice your dance steps, or focus on body-weight exercises. Audio and studio equipment not available.

## PiYo™

Combines Pilates, yoga, strength conditioning, flexibility, and dynamic balance. PiYo is an up-tempo approach to mind/body exercise.

## POP Pilates

A total body, equipment-free workout combines total body Pilates exercises with the attitude of choreographed dance and the energy of music, sculpts a solid core and lean dancer's body.

## POUND®

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

## POUND® Kids (ages 5 - 12)

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

## Power Aqua

This class will focus on core development with deep-water exercises and resistance training and combines elements of interval and endurance training.

## Power Yoga

Synchronous breathing with strong, flowing movement for a high energy, vigorous cardiovascular workout.

## Restorative Yoga

A relaxing and gentle form of yoga designed to reduce/relieve stress, create flexibility, and calm the mind and body.

## RPM™ (a LES MILLS™ class)

The indoor cycling workout to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

## Run Conditioning

For new runners or those looking to increase endurance, speed, agility, strength and to decrease chances of injury. Run an average of 3-6 miles per class and some light load strength training. All levels welcome and participants may run at their own pace.

## Run Club (Seasonal in some locations)

Runners of all levels are welcome to join for a group run. The course will be pre-planned and staff-led. Meet at the Fitness Advice Center regardless of weather conditions.

## SH'BAM™ (a LES MILLS™ class)

A fun insanely addictive dance workout with an ego-free zone – no dance experience required!

## Cycle & Sculpt

A cardio workout on a stationary bike and combined with floor exercises. Cycling, strength exercises, intervals and core training are combined for this total body workout.

## SPRINT™ (a Les Mills™ class)

A 30-minute workout, using an indoor bike to achieve fast results. Featuring bursts of intensity, followed by periods of rest.

## Tai Chi

A series of movements performed in a slow, focused manner and accompanied by deep breathing. This ancient form of martial arts improves balance, agility, strength, and coordination.

## Tween Cycle (ages 8 - 12)

Come ride to the rhythm of your favorite songs, play games on the bike and make new friends while you exercise!

## U-JAM Fitness®

This class unites world beats with urban flavor. Easy to learn dance steps choreographed to high energy music that makes you sweat and tone!

## Vinyasa Yoga

Poses are cued in modified, full, and extended versions for all skill levels. Gain strength, flexibility, balance and range of motion.

## Yin Yoga

Designed to work deep within the connective tissue to increase joint mobility and release stress while holding poses for longer periods.

## Yoga and Meditation

Find balance and ease the mind in this class designed for any student seeking stress reduction. Learn proper posture, breathing and how to calm your mind.

## Yoga Sculpt

A combination of Flow Yoga, music, and energy, amplified with the use of weights. Sweat and sculpt your way to a new level of flexibility and strength.

## Youth Hip Hop (ages 8+)

This high-energy class teaches the fundamentals of hip-hop movement. Learn flexibility exercises, isolations, rhythms, memorize choreography, and footwork.

## Zumba®

Move and shake your hips while burning calories and having a blast! Zumba® is different, fun, and composed of energetic rhythms that help your body move to the beat!

## Zumba® Gold

It's just as much fun as Zumba, just not as fast! Zumba Gold utilizes the same Latin styles of music and dance allows you to learn the steps.

## Zumba Kids® (ages 4-6, 7-12)

Designed exclusively for kids, a high-energy class packed with specially-choreographed, kid-friendly routines and music.

## Zumba® Toning

Combines targeted body-sculpting exercises and high energy cardio with Latin-infused Zumba® moves to create a calorie torching, strength training dance fitness party.

## LES MILLS BARRE™

A modern version of classic balletic training; a 30 or 45-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE™ is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

## STRONG by Zumba®

A revolutionary class that sync's high intensity cardio and conditioning moves to music to create an optimal total body hit workout.