

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.