

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 & Sculpt 75	E Patty
10:00a		Aqua Athletics	ALP Melinda
10:30a		Mat Pilates	D Stacey
10:30a		Zumba®	C George
11:30a		Low-Impact Workout	C Cinnamin
12:30p		Athletic Conditioning	C Stacey
12:30p		Vinyasa Flow	D Sara
01:30p		STRONG®	C Nicole
04:45p	45	BODYCOMBAT®	C Kristin
05:30p	30	Begin to Cycle	E Colleen
05:30p	75	Advanced Yoga 75	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 Flow	D Judi
08:00p		BODYPUMP®	C Kjerstin
Thursday			
05:30a		Barre	D Melanye
05:30a		Group Cycle	E Herb
05:30a		Run Club	ML Colleen
06:30a	30	Stretch & Balance	D Colleen
08:30a	45	Cardio Step & Sculpt	C Stacey
08:30a		Group Cycle	E Herb
09:00a		Aqua Athletics	ALP Melinda
09:30a	45	Athletic Conditioning	B Kim
09:30a	45	BODYPUMP® 45	C Shukolpa
09:30a		Barre	D Rachel
09:30a		Cycle & Sculpt	E Kai
10:00a		Gentle Aqua	ALP Melinda
10:15a		BODYCOMBAT®	C Shukolpa
10:30a		Zumba®	B Emma
10:30a	75	Vinyasa Flow 75	D Amy
11:30a		Zumba Gold®	C Naoko
12:00p		Cycle & Sculpt	E Stacey
12:30p	30	BODYPUMP® 30	C Kai
12:30p	30	Stretch & Balance	D Naoko
01:00p	30	CXWORX®	C Kai
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
06:00p		Barre	D Stacey
06:00p		BODYATTACK®	C Alex
06:00p		Group Cycle	E Herb
07:00p		Aqua Zumba®	IRP Tyler
07:00p		U-Jam®	C Robert
07:00p		Vinyasa Flow	D Judi
07:15p		Group Cycle	E Herb
08:00p		BODYPUMP®	C Robert

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

Tuesday				
05:30a		BODYCOMBAT®	C Melanye	
05:30a		Group Cycle	E Herb	
08:45a	30	CXWORX®	C Casey	
09:00a		Aqua Athletics	ALP Allison	
09:15a		BODYPUMP®	C Kai	
09:30a		Athletic Conditioning	MBC Patty	
09:30a		Cycle & Sculpt	E Kim	
09:30a		Vinyasa Flow	D Sara	
10:15a		U-Jam®	C Nisi	
10:30a		Barre	D Stacey	
11:30a		Zumba Gold®	C Nancy	
12:00p		Cycle & Sculpt	E Kai	
12:30p	30	BODYPUMP® 30	C Kjerstin	
12:30p		Mat Pilates	D Rachel	
01:00p	30	BODYCOMBAT® 30	C Kjerstin	
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		Gentle Yoga	D Courtney	
06:00p	45	Basic Conditioning - Ages 8+	C Patty	
06:00p		Cycle & Sculpt	E Stacey	
06:45p		Zumba®	C George	
07:00p		Aqua Zumba®	IRP 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 30	C Melanye	
05:30a		Group Cycle	E Colleen	
06:00a	30	CXWORX®	C Melanye	
06:30a	45	BODYPUMP® 45	C Alex	
08:30a	45	Yoga Sculpt	C Stacey	
08:30a		Barre	D Melanye	
09:00a		Aqua Athletics	ALP Melinda	
09:15a		Athletic Conditioning	C Stacey	
09:30a		Cycle & Sculpt	E Kim	
09:30a		Vinyasa Flow	D Karen	
10:00a		Aqua Athletics	ALP Colleen	
10:15a	30	Stretch & Balance	C Stacey	
10:30a		Mat Pilates	D Kim	
11:00a		U-Jam®	C Nina	
12:00p	30	POP Pilates 30	C Nina	
12:00p		Group Cycle	E Patrick	
12:00p		Restorative Yoga	D Courtney	
12:30p		STRONG®	C Nicole	
04:00p	30	BODYCOMBAT® 30	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.	
06:00p	30	Barre 30	C Stacey	
06:30p		POP Pilates	D Nisi	
06:45p		Zumba®	C Kai	

Wednesday			
05:30a		BODYPUMP®	C Melanye
05:30a		Cycle & Sculpt	E Patrick
05:30a		POP Pilates	D Nisi
06:00a		Athletic Conditioning	MBC Colleen
08:30a	45	Mat Pilates	C Stacey
08:30a		Cycle & Sculpt	E Melanye
09:00a		Aqua Zumba®	ALP Tyler
09:15a		Athletic Conditioning	C Stacey
09:15a	75	Power Yoga 75	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 Cinnamin
11:45a	30	Exercise for Tykes	D Rachel
11:45a	45	Group Cycle	E Stacey
12:30p		Athletic Conditioning	C Kai
12:30p		Yin Yoga	D Sara
01:30p		Zumba®	C Kai
04:30p	45	BODYFLOW® 45	D Kai
04:30p		POP Pilates	C Nina
05:00p	45	Basic Conditioning - Ages 8+	B Patty
05:00p		Group Cycle	E Patrick
05:15p	45	LES MILLS BARRE™ 45	D Kai
05:30p		Aqua Athletics	ALP Allison
05:45p		BODYPUMP®	C Robert
06:00p		Group Cycle	E Colleen
06:00p		Vinyasa Flow	D Judi
06:45p		BODYCOMBAT®	C Allison
07:00p	30	Stretch & Balance	TF Colleen
07:00p		Yin Yoga	D Amy
08:00p		BODYPUMP®	C Nicole
Saturday			
07:15a		BODYPUMP®	C Allison
07:30a		Group Cycle	E Herb
08:15a		Restorative Yoga	D Shauna
08:15a		Zumba®	C Bu
08:45a		Aqua Zumba®	ALP Ana O.
08:45a		Group Cycle	E Herb
09:00a		Athletic Conditioning	B Patty
09:15a		BODYPUMP®	C Melanye
09:30a	30	Exercise for Tots	D Ana F.
10:00a	30	Exercise for Tykes	D Ana F.
10:00a	75	Cycle & Sculpt 75	E Patty
10:15a	45	Athletic Conditioning	C Allison
10:30a		POP Pilates	D Nisi
11:00a		BODYCOMBAT®	B Allison
11:00a		GROOV3™	C Nina
11:30a	30	Baby Yoga	D Ana F.
11:30a	45	Family Cycle	E Herb
12:00p	30	Zumba® Kids Jr. (4-6)	C Patty
12:00p		Power Yoga	D Ana F.
12:30p	45	Youth Hip Hop	B Patty
12:30p		STRONG®	C Emma
01:30p	45	Basic Conditioning - Ages 8+	C Patty
01:30p		Barre	D Emma
04:30p		Yin Yoga	D Shauna
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®	ALP 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		Zumba®	C George
11:30a		Zumba Gold®	D Ana O.
12:00p		Athletic Conditioning	C Patty
12:30p		POP Pilates	D Tino
01:00p		BODYCOMBAT®	C Allison
01:30p		Vinyasa Flow	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
04:30p		GROOV3™	C Lindsay
04:30p		Yin Yoga	D Shauna

- 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 CLASSES

Availability varies by location. Classes are 55 minutes unless otherwise noted.
Some classes are offered in varying duration (check 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, t'ai 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® for Kids 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!

UJAM

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.