

# Group Exercise Schedule

# August 2018

# Colorado Springs

Monday			
05:15a		Group Cycle	C Molly
05:30a		BODYSTEP	A Janice
07:30a		Aqua Athletics	TP Janice
08:45a	45	RPM	C Kristin
08:45a		BODYFLOW	E Janice
08:45a		BODYPUMP™	A Jessica
09:00a		Aqua Athletics	Hillary
09:00a		BODYPUMP™	B Ciera
09:45a		BODYSTEP	A Liz
09:45a		Group Cycle	C Marchelle
09:45a		Yin Yoga	E Marlana
10:15a	30	BORN TO MOVE 4-5	B Dana
10:45a	45	LM TONE	A Eve
10:45a		BODYJAM	B Lisa K.
11:00a	45	LM BARRE	E Liz
11:30a	30	CXWORX	A Eve
12:00p	45	Zumba Gold	A Lisa K.
12:00p		Aqua Pilates	TP Hillary
12:00p		Vinyasa Flow	E Marchelle
12:15p	45	RPM	C Eve
01:15p	45	Mat Pilates	E Lucy
04:30p		BODYCOMBAT	A Mary
04:30p		BODYFLOW	E Kayla
04:45p	30	SPRINT	C Carrie
04:45p		BODYPUMP™	B Heather
05:30p	45	BODYPUMP™	A Carrie
05:30p		Yin Yoga	E Kayla
05:45p		Group Cycle	C Stacey
06:00p	30	CXWORX	B Dustin
06:15p	45	LM TONE	A Rachael
06:15p		Aqua Athletics	TP Heather
06:30p	30	BODYSTEP Express	B Dustin
06:30p		Vinyasa Flow	E Sara
07:00p	30	LM BARRE 30	B Rachael
07:00p		Hip-Hop Fusion	A Brittin
Thursday			
05:15a	30	SPRINT	C Brian
05:30a	45	LM TONE	B Brittin
05:30a		BODYPUMP™	A Dustin
08:30a	30	CXWORX	B Palmina
08:30a		Power Yoga	E Marchelle
08:45a	45	RPM	C Kristi
08:45a		BODYSTEP	A Lisa K.
09:00a	30	BODYATTACK Express	B Palmina
09:00a		Aqua Athletics	Molly
09:30a		BODYPUMP™	B Kristin
09:45a	45	LM BARRE	E Lisa K.
09:45a		BODYPUMP™	A Marchelle
10:45a	30	SPRINT	C Kristin
10:45a		Zumba Toning	A Stephanie
11:00a		Yin Yoga	E Sara
11:15a	30	Baby Yoga	B Tiffany
12:00p	30	BODYPUMP Express	B Julie
12:00p	45	Zumba Gold	A Stephanie
12:00p		Vinyasa Flow	E Dana
12:30p	30	CXWORX	B Julie
01:00p		Restorative Yoga	E Tracey
02:00p	60	Open Studio	B NA
04:30p		BODYSTEP	B Mary
04:30p		Gentle Yoga	E Lisa P.
04:45p	40	LM TONE	A Iantha
05:30p	30	LM BARRE 30	E Hillary
05:30p		BODYCOMBAT	A Julie
05:30p		BODYPUMP™	B Kristi
05:45p	30	SPRINT	C Iantha
05:45p	45	BORN TO MOVE 8-12	VKE Rachel
06:15p		Aqua Athletics	TP Hillary
06:30p		BODYJAM	B Rachael
06:30p		BODYPUMP™	A Alisa
06:30p		Yin Yoga	E Kayla
07:30p		Zumba	A Rachel

Tuesday			
05:15a		Group Cycle	C Brian
05:30a		BODYPUMP™	A Julie
08:30a		BODYSTEP	B Kayla
08:30a		Power Yoga	E Heather
08:45a		BODYATTACK	A Jessica
09:00a		Aqua Zumba	Lisa K.
09:30a		BODYPUMP™	B Kristi
09:45a		BODYPUMP™	A Dana
09:45a		Mat Pilates	E Karrie
10:00a	30	SPRINT	C Heather
10:45a	30	CXWORX	B Marchelle
10:45a		Vinyasa Flow	E Jenny
10:45a		Zumba Toning	A Stephanie
11:15a	30	Baby Yoga	B Emilie
12:00p	45	LM TONE	B Marchelle
12:00p		BODYPUMP™	A Kristin
12:00p		Restorative Yoga	E Jenny
01:00p		BODYCOMBAT	A Kristin
03:00p	60	Open Studio	B NA
04:30p	45	BORN TO MOVE 8-12	VKE Lisa K.
04:30p		BODYPUMP™	B Jodi
04:30p		BODYSTEP	A Eve
04:30p		Mat Pilates	E Lucy
05:30p	40	BORN TO MOVE 6-7	VKE Rachel
05:30p		Athletic Conditioning	A Lucy
05:30p		Barre	B Iantha
05:30p		BODYFLOW	E Tyler
05:45p		Group Cycle	C Tiffany
06:15p		Aqua Athletics	TP Janice
06:30p		BODYPUMP™	A Rachael
06:30p		Yin Yoga	E Rachel
07:30p		Zumba	A Rachel
Friday			
05:15a	45	RPM	C Jessica
05:30a	30	BODYATTACK Express	B Iantha
05:30a		BODYCOMBAT	A Dustin
06:00a	30	CXWORX	B Iantha
07:45a		BODYPUMP™	A Heather
08:30a	30	BODYPUMP Express	B Palmina
08:45a		BODYCOMBAT	A Kristin
08:45a		Yoga Sculpt	E Heather
09:00a	45	Aqua Zumba	Rachel
09:00a		BODYATTACK	B Palmina
09:00a	60	RPM	C Carrie
09:45a		Athletic Conditioning	A Erin
10:00a	30	SPRINT	C Marchelle
10:00a		BODYFLOW	E Rachel
10:00a		Zumba	B Janalynn, Lisa K.
10:45a		BODYPUMP™	A Carrie
11:00a	30	BORN TO MOVE 2-3	E Rachel
11:00a	30	CXWORX	B Erin
11:30a	45	LM TONE	B Marlana, Tiffany
12:00p	45	Low-Impact Workout	A Lucy
12:00p		Gentle Aqua	TP Rachel
12:00p		Gentle Yoga	E Molly
12:00p	60	Open Studio	C NA
04:30p	45	Family Yoga	B Hillary, Lindsay, Lisa P., Molly
04:45p	45	Tween Group Cycle	C Tiffany
04:45p		BODYSTEP	A Janice
04:45p		Mat Pilates	E Karrie
05:45p	45	RPM	C Brian
05:45p		BODYFLOW	E Janice

Wednesday			
05:15a		Group Cycle	C Tiffany
05:30a	30	Athletic Conditioning Express	A Iantha
06:00a	30	CXWORX	A Dustin
07:30a		Aqua Athletics	TP Heather
07:45a		BODYPUMP™	A Mary
08:30a	30	Barre Express	B Lucy
08:45a		Advanced Yoga	E Tracey
08:45a		Athletic Conditioning	A Heather
09:00a	30	CXWORX	B Erin
09:00a		Gentle Aqua	Rachel
09:45a		BODYCOMBAT	A Liz
09:45a		BODYFLOW	E Rachael
09:45a		Group Cycle	C Mark
09:45a		Zumba	B Mary
10:45a	30	BORN TO MOVE 2-3	E Lisa P.
10:45a	30	CXWORX	B Palmina
10:45a		BODYSTEP	A Janice
11:15a	30	BORN TO MOVE 4-5	E Lisa P.
12:00p	45	Low-Impact Workout	B Janice
12:00p		Aqua Barre	TP Karrie
12:00p		BODYPUMP™	A Jodi
12:00p		Gentle Yoga	E Marchelle
12:15p	45	RPM	C Kristin
01:15p	45	Mat Pilates	E Lucy
04:30p		Vinyasa Flow	E Tracey
04:45p	45	BODYATTACK	A Iantha
04:45p	45	BODYPUMP™	B Jessica
04:45p	45	Tween Group Cycle	C Tiffany
05:00p	30	BORN TO MOVE 6-7	VKE Lisa P.
05:30p	30	BODYPUMP Express	A Julie
05:30p	30	SPRINT	C Brian
05:30p		Barre	E Hillary
05:45p	45	BODYSTEP	B Alisa
06:00p	30	CXWORX	A Julie
06:15p	45	Aqua Pilates	TP Iantha
06:15p		Group Cycle	C Mark
06:30p		BODYCOMBAT	A Dustin
06:30p		BODYJAM	B Alisa, Julie
06:30p		Restorative Yoga	E Jenny
Saturday			
07:15a		BODYPUMP™	A Dustin
08:00a	45	Yoga by the Pool	ORP Jenny
08:00a		Aqua Pilates	TP Hillary, Rachel
08:15a		BODYSTEP	A Tyler
08:15a		Group Cycle	C Stacey
08:15a		Zumba	B Stephanie
09:15a	30	SPRINT	C Kristin
09:15a		Low-Impact Workout	B Janice
09:15a		Power Yoga	E Kayla
09:15a	60	BODYPUMP™	A Dana
10:15a	45	BODYPUMP™	B Alisa
10:15a		BODYCOMBAT	A Liz
10:15a		LM BARRE	E Julie, Rachel
10:30a	45	Family Cycle	C Tiffany
11:00a	30	CXWORX	B Alisa
11:15a	45	Begin to Cycle	C Tiffany
11:15a	45	BORN TO MOVE 6-7	VKE Dana
11:30a	45	Family Yoga	B Marchelle, Marlana, Molly
11:30a		BODYATTACK	A Erin, Jodi
11:30a		BODYFLOW	E Rachel
05:00p		Vinyasa Flow	E Dana, Lindsay, Lisa P., Marchelle
05:00p	60	Open Studio	B NA
Sunday			
08:30a	30	SPRINT	C Jessica
08:30a		Athletic Conditioning	A Iantha
09:15a	45	RPM	C Jessica
09:30a	30	CXWORX	A Iantha
09:30a		BODYPUMP™	B Mary, Palmina
10:15a		BODYSTEP	A Brittin
10:30a		Group Cycle	C Carrie, Hillary, Marchelle, Molly
10:30a		Yin Yoga	E Lindsay
11:15a	30	BORN TO MOVE 4-5	VKE Lisa P.
11:15a	45	LM TONE	A Brittin
12:00p		BODYPUMP™	A Julie
12:00p		Vinyasa Flow	E Lisa P.
01:00p		BODYCOMBAT	A Julie
01:00p		Zumba	B Lisa K., Stephanie
01:15p		Mat Pilates	E Ciera
03:00p	60	Open Studio	B NA
03:00p	60	Open Studio	C NA
03:15p		Power Yoga	E Emilie

	A = Studio A	B = Studio B	C = Studio C	E = Studio E
ORP = Outdoor Rec Pool Area	TP = Therapy Pool	VKE = VillaKids Gym East Court		

- Group Exercise classes are included in your membership.
- Classes and sessions are 55 minutes unless otherwise noted.
- For the safety, comfort and experience of all members, there is no admittance once each class has begun.



# 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 syncs high intensity cardio and conditioning moves to music to create an optimal total body hit workout.