

Group Exercise Schedule

February 2019

Colorado Springs

Monday			
05:15a		Group Cycle	C Katie
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	ILP Hillary
09:00a		BODYPUMP®	B Ciera
09:45a		BODYSTEP®	A Liz
09:45a		Group Cycle	C Marchelle
09:45a		Yin Yoga	E Marlena
10:15a	30	BORN TO MOVE® 4-5	B Dana
10:45a	45	LES MILLS TONE™	A Eve
10:45a		BODYJAM®	B Lisa K.
11:00a		Barre	E Hillary
11:30a	30	CXWORX®	A Eve
12:00p		Aqua Pilates	TP Katherine
12:00p		Vinyasa Flow	E Diana
12:15p	45	RPM®	C Eve
12:15p	45	Zumba Gold®	A Lisa K.
01:15p	45	Mat Pilates	E Lucy
04:30p		BODYCOMBAT®	A Mary
04:30p		BODYFLOW®	E Kayla
04:45p	30	LES MILLS 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	LES MILLS TONE™	A Rachael
06:15p		Aqua Athletics	ILP Heather
06:30p	30	BODYSTEP® 30	B Dustin
06:30p		Vinyasa Flow	E Sara
07:00p	30	LES MILLS BARRE™	A Rachael
Thursday			
05:15a	30	LES MILLS SPRINT™	C Brian
05:30a	45	LES MILLS 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® 30	B Palmina
09:00a		Aqua Athletics	ILP Molly
09:30a		BODYPUMP®	B Kristin
09:45a	45	LES MILLS BARRE™ 45	E Lisa K.
09:45a		BODYPUMP®	A Marchelle
10:45a	30	LES MILLS SPRINT™	C Kristin
10:45a		Zumba® Toning	A Stephanie
10:45a	60	Yin Yoga	E Meleah
11:15a	30	Baby Yoga	B Tiffany
12:00p	30	BODYPUMP® 30	B Mary
12:00p	45	Zumba Gold®	A Stephanie
12:00p		Vinyasa Flow	E Dana
12:30p	30	CXWORX®	B Mary
01:00p		Restorative Yoga	E Tracey
04:30p		BODYSTEP®	B Mary
04:30p		Gentle Yoga	E Lisa P.
04:45p	40	LES MILLS TONE™	A Iantha
05:30p	30	LES MILLS BARRE™	E Hillary
05:30p		BODYCOMBAT®	A Julie
05:30p		BODYPUMP®	B Kristi
05:45p	30	LES MILLS SPRINT™	C Iantha
06:15p		Aqua Athletics	TP Hillary
06:30p		BODYJAM®	B Rachael
06:30p		BODYPUMP®	A Alisa
06:30p		Vinyasa Flow	E Meleah
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	
08:45a		Group Cycle	C Hillary	
09:00a		Aqua Zumba®	ILP Lisa K.	
09:30a		BODYPUMP®	B Kristi	
09:45a		BODYPUMP®	A Dana	
09:45a		Mat Pilates	E Lucy	
10:00a	30	BORN TO MOVE® 4-5	VKE Hillary	
10:00a	30	LES MILLS SPRINT™	C Heather	
10:45a	30	CXWORX®	B Marchelle	
10:45a		Vinyasa Flow	E Jenny	
10:45a		Zumba® Toning	A Stephanie	
12:00p	45	LES MILLS TONE™	B Tiffany	
12:00p		BODYPUMP®	A Kristin	
12:00p		Restorative Yoga	E Jenny	
01:00p		BODYCOMBAT®	A Kristin	
04:30p		BODYPUMP®	B Jodi	
04:30p		BODYSTEP®	A Eve	
04:30p		Mat Pilates	E Jenny	
05:30p	30	BORN TO MOVE® 8-12	A Karrie	
05:30p	40	BORN TO MOVE® 6-7	VKE Rachel	
05:30p		Barre	B Iantha	
05:30p		BODYFLOW®	E Tyler	
05:45p		Group Cycle	C Tiffany	
06:00p	30	LES MILLS GRIT® CARDIO	A Rachael	
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® 30	B Iantha	
05:30a		BODYCOMBAT®	A Dustin	
05:30a		Vinyasa Flow	E Katie	
06:00a	30	CXWORX®	B Iantha	
07:45a		BODYPUMP®	A Heather	
08:30a	30	BODYPUMP® 30	B Palmina	
08:45a		BODYCOMBAT®	A Kristin	
08:45a		Yoga Sculpt	E Heather	
09:00a	45	Aqua Zumba®	ILP Rachel	
09:00a		BODYATTACK®	B Palmina	
09:00a	60	RPM®	C Carrie	
09:45a		Athletic Conditioning	A Elyn	
10:00a	30	LES MILLS SPRINT™	C Marchelle	
10:00a		BODYFLOW®	E Rachel	
10:00a		Zumba®	B Janalynn	
10:45a		BODYPUMP®	A Carrie	
11:00a	30	BORN TO MOVE® 2-3	E Chanell	
11:15a	45	LES MILLS TONE™	B Marlena	
12:00p	45	Low-Impact Workout	A Lucy	
12:00p		Gentle Aqua	TP Chanell	
12:00p		Gentle Yoga	E Molly	
04:30p	45	Family Yoga	B Diana	
04:45p	45	Tween Group Cycle	C Tiffany	
04:45p		BODYSTEP®	A Janice	
04:45p		Mat Pilates	E Katherine	
05:45p	45	RPM®	C Brian	
05:45p		BODYFLOW®	E Janice	

Wednesday				
05:15a		Group Cycle	C Tiffany	
05:30a	30	Athletic Conditioning 30	A Iantha	
06:00a	30	CXWORX®	A Dustin	
07:30a		Aqua Athletics	TP Heather	
07:45a		BODYPUMP®	A Mary	
08:30a	30	Barre 30	B Lucy	
08:45a		Advanced Yoga	E Tracey	
08:45a		Athletic Conditioning	A Heather	
09:00a	30	CXWORX®	B Palmina	
09:00a		Gentle Aqua	TP Katherine	
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 Diana	
10:45a	30	LES MILLS GRIT® STRENGTH	B Palmina	
10:45a		BODYSTEP®	A Janice	
12:00p	45	Low-Impact Workout	B Janice	
12:00p		Aqua Barre	TP Katherine	
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 Kayla	
05:00p	30	BORN TO MOVE® 6-7	VKE Lisa P.	
05:30p	30	BODYPUMP® 30	A Julie	
05:30p	30	LES MILLS 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 Sara	
Saturday				
07:15a		BODYPUMP®	A Dustin	
08:00a		Aqua Pilates	TP Hillary, Rachel	
08:15a	45	Yin Yoga	E Jenny	
08:15a		BODYSTEP®	A Tyler	
08:15a		Group Cycle	C Stacey	
08:15a		Zumba®	B Stephanie	
09:15a	30	LES MILLS SPRINT™	C Kristin	
09:15a		Low-Impact Workout	B Janice	
09:15a		Yoga Sculpt	E Marlena	
09:15a	60	BODYPUMP®	A Dana	
10:15a	45	BODYPUMP®	B Alisa	
10:15a		BODYCOMBAT®	A Liz	
10:15a		LES MILLS BARRE™ 45	E Ciera, Karrie, Rachel	
10:30a	45	Family Cycle	C Tiffany	
11:00a	30	CXWORX®	B Alisa	
11:00a	40	BORN TO MOVE® 6-7	VKE Diana, Hillary	
11:15a	30	Begin to Cycle	C Tiffany	
11:30a	45	Family Yoga	B Diana, Katie, Lisa P., Meleah	
11:30a		BODYATTACK®	A Elyn, Jodi	
11:30a		BODYFLOW®	E Rachel	
12:30p		BODYPUMP®	A Elyn, Jodi	
05:00p		Vinyasa Flow	E Katie	
Sunday				
08:30a	30	LES MILLS 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 Brian	
10:30a		Yin Yoga	E Jenny, Katie, Meleah, Sara	
11:15a	30	BORN TO MOVE® 4-5	VKE Lisa P.	
11:15a	45	LES MILLS TONE™	A Brittin	
12:00p		BODYPUMP®	A Julie	
12:00p		Vinyasa Flow	E Lisa P.	
01:00p		BODYCOMBAT®	A Julie	
01:00p		Zumba®	B Sharon	
01:15p		POP Pilates	E Ciera	
03:15p		Power Yoga	E Meleah	

A = Studio A	B = Studio B	C = Studio C	E = Studio E	ILP = Indoor Lap Pool
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 courtesy and safety reasons, please be prompt for class.



- Open Studio: Studios A, B, C 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.