

Group Exercise Schedule

July 2019

Colorado Springs

Monday			
05:15a		Group Cycle	C Katie
05:30a	30	LES MILLS GRIT® STRENGTH	B Tiffany
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 Marlena
10:15a	30	BORN TO MOVE® 4-5	B Dana
10:45a	30	LES MILLS GRIT® CARDIO	B Lisa K.
10:45a	45	LES MILLS TONE™	A Eve
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 Mary
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 Meleah
07:00p	30	LES MILLS BARRE™	A Rachael
Thursday			
05:15a	30	LES MILLS SPRINT™	C Brian
05:30a	30	LES MILLS GRIT® ATHLETIC	B Tiffany
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	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
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 TBA
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 Lisa P.
07:30p		Zumba®	A Rachel

Tuesday			
05:15a	45	RPM®	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®	Lisa K.
09:30a		BODYPUMP®	B Kristi
09:45a		BODYPUMP®	A Dana
09:45a		Mat Pilates	E Lucy
10:00a	30	LES MILLS SPRINT™	C Heather
10:45a	30	CXWORX®	B Marchelle
10:45a		Vinyasa Flow	E Sara Jean
10:45a		Zumba® Toning	A Stephanie
12:00p	45	LES MILLS TONE™	B Tiffany
12:00p		BODYPUMP®	A Kristin
12:00p		Restorative Yoga	E Diana
01:00p		BODYCOMBAT®	A Kristin
04:30p		BODYPUMP®	B Jodi
04:30p		BODYSTEP®	A Eve
04:30p		POP Pilates	E Hillary
05:30p	30	BORN TO MOVE® 8-12	A Karrie
05:30p		Barre	B Iantha
05:30p		BODYFLOW®	E Tyler
05:45p		Group Cycle	C Molly
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 Elyn
08:45a		BODYCOMBAT®	A Kristin
08:45a		Yoga Sculpt	E Heather
09:00a	45	Aqua Zumba®	Rachel
09:00a		BODYATTACK®	B Jodi, Julie
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 Rachel
11:15a	45	LES MILLS TONE™	B Marlena
12:00p	45	Low-Impact Workout	A Lucy
12:00p		Gentle Aqua	TP Sunny
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	Katherine
09:45a		BODYCOMBAT®	A Liz
09:45a		BODYFLOW®	E Rachael
09:45a		Group Cycle	C Mark
09:45a		Zumba®	B Lisa K.
10:45a	30	LES MILLS GRIT® STRENGTH	B Palmina
10:45a		BODYSTEP®	A Janice
11:00a	30	BORN TO MOVE® 2-3	E Diana
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® 45	B Iantha
04:45p	45	BODYPUMP® 45	A Kayla
05:30p	30	LES MILLS GRIT® STRENGTH	A Hillary
05:30p	30	LES MILLS SPRINT™	C Brian
05:30p		Barre	E Sunny
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 Jean
Saturday			
07:15a		BODYPUMP®	A Dustin
08:00a		Aqua Pilates	TP Hillary, Rachel
08:15a	45	Yoga by the Pool	ORP Meleah
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
10:30a	45	Family Cycle	C Tiffany
11:00a	30	CXWORX®	B Alisa
11:15a	30	Begin to Cycle	C Tiffany
11:30a	45	Family Yoga	B Sunny
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 Liz
10:30a		Group Cycle	C CS Employee
10:30a		Yin Yoga	E Katie
11:15a	30	BORN TO MOVE® 4-5	VKS Lisa P.
11:15a	45	LES MILLS TONE™	A Kayla
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	ORP = Outdoor Rec Pool Area	TP = Therapy Pool	VKS = VillaKids 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 A, B, C 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 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 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® 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!

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.