

# Group Exercise Schedule

# May 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	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	30	LES MILLS GRIT® STRENGTH	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 Sara Jean
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	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
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	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®	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	VKS 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	VKS Rachel
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®	ILP 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	TP 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	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® 45	B Iantha
04:45p	45	BODYPUMP® 45	A Kayla
05:00p	30	BORN TO MOVE® 6-7	VKS Lisa P.
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	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
10:30a	45	Family Cycle	C Tiffany
11:00a	30	CXWORX®	B Alisa
11:00a	40	BORN TO MOVE® 6-7	VKS Diana, Hillary
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 Hillary, Iantha, Molly, Stacey
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, Marlena, Stephanie
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

VKS = Villa Kids Studio	A = Studio A	B = Studio B	C = Studio C	E = Studio E
ILP = Indoor Lap Pool	TP = Therapy Pool			

- 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.