

Group Exercise Schedule

November 2019

Colorado Springs

| Monday | | | |
|----------|----|-----------------------------|-----------------------------|
| 05:15a | | Group Cycle | C Christopher |
| 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 Elyn, Jennifer, Kristi S. |
| 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 |
| 11:00a | | Barre | E Hillary |
| 11:30a | 30 | CXWORX® | A Eve |
| 12:00p | | Aqua Pilates | TP Sunny |
| 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 Jodi |
| 04:45p | 30 | LES MILLS SPRINT™ | C Carrie |
| 04:45p | | BODYPUMP® | B Heather |
| 05:30p | 30 | BODYPUMP® 30 | A Carrie |
| 05:30p | | Yin Yoga | E Diana |
| 05:45p | | Monday Night Football Cycle | C Stacey |
| 06:00p | 30 | CXWORX® | B Dustin |
| 06:15p | 45 | LES MILLS TONE™ | A Rachael |
| 06:15p | | Aqua Athletics | TP Heather |
| 06:30p | 30 | BODYSTEP® 30 | B Dustin |
| 06:30p | | Vinyasa Flow | E Meleah |
| 07:00p | 30 | BODYJAM® 30 | B Alisa |
| 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 | | BODYSTEP® | A Lisa K. |
| 09:00a | 30 | BODYATTACK® 30 | B Palmina |
| 09:00a | 45 | RPM® | C Kristi L. |
| 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 Diana |
| 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 Jennifer |
| 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 |
| 09:00a | 45 | Group Cycle | C Hillary |
| 09:00a | | Aqua Zumba® | ILP Lisa K. |
| 09:30a | | BODYPUMP® | B Kristi L. |
| 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 Stephanie, 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 Christopher |
| 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 | | Strength & Conditioning | A Elyn |
| 10:00a | 30 | LES MILLS SPRINT™ | C Marchelle |
| 10:00a | | BODYFLOW® | E Rachel |
| 10:45a | | BODYPUMP® | A Carrie |
| 11:00a | 30 | BORN TO MOVE® 2-3 | E Rachel |
| 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 Sunny |
| 05:45p | 45 | RPM® | C Brian |
| 05:45p | | BODYFLOW® | E Janice |

| Wednesday | | | |
|-----------|----|----------------------------|------------------------|
| 05:15a | | Group Cycle | C Tiffany |
| 05:30a | 30 | Strength & 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 Sara Jean |
| 08:45a | | Strength & Conditioning | A Heather |
| 09:00a | 30 | CXWORX® | B Palmina |
| 09:00a | | Gentle Aqua | TP Rachel |
| 09:45a | | BODYCOMBAT® | A Liz |
| 09:45a | | BODYFLOW® | E Rachael |
| 09:45a | | Group Cycle | C Mark |
| 09:45a | | Zumba® | B Sunny |
| 10:45a | 30 | LES MILLS GRIT® ATHLETIC | B Palmina |
| 10:45a | | BODYSTEP® | A Janice |
| 11:00a | 30 | BORN TO MOVE® 2-3 | E Hillary |
| 12:00p | 45 | Low-Impact Workout | B Janice |
| 12:00p | | Aqua Barre | TP Meleah |
| 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 Katie |
| 04:45p | 45 | BODYATTACK® 45 | B Iantha |
| 04:45p | 45 | BODYPUMP® 45 | A Kayla |
| 05:30p | 30 | LES MILLS GRIT® ATHLETIC | 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 | | Restorative Yoga | E Lisa P. |
| Saturday | | | |
| 07:15a | | BODYPUMP® | A Dustin |
| 08:00a | | Aqua Pilates | TP Hillary, Rachel |
| 08:15a | | BODYSTEP® | A Tyler |
| 08:15a | | Gentle Yoga | E Meleah |
| 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 Karrie |
| 10:30a | 45 | Family Cycle | C Tiffany |
| 11:00a | 30 | CXWORX® | B Alisa |
| 11:15a | 30 | Begin to Cycle | C Tiffany |
| 11:30a | 30 | BODYATTACK® 30 | A Elyn, Jodi |
| 11:30a | 45 | Family Yoga | B Sunny |
| 11:30a | | BODYFLOW® | E Rachel |
| 12:00p | | BODYPUMP® | A Elyn, Jodi |
| 05:00p | | Vinyasa Flow | E Katie |
| Sunday | | | |
| 08:30a | 30 | LES MILLS SPRINT™ | C Jessica |
| 08:30a | | Strength & Conditioning | A Iantha |
| 09:15a | 45 | RPM® | C Jessica |
| 09:30a | 30 | CXWORX® | A Iantha |
| 09:30a | | BODYPUMP® | B Britnye, CS Employee |
| 10:15a | | BODYSTEP® | A Liz |
| 10:30a | 45 | BODYJAM® 45 | B Julie |
| 10:30a | | Group Cycle | C Brian |
| 10:30a | | Yin Yoga | E Katie |
| 11:15a | 30 | BORN TO MOVE® 4-5 | VillaKids 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 |
| 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 | VillaKids = 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.