

Monday			
05:15a		Group Cycle	E Leanne
05:30a		Athletic Conditioning	C Victoria
07:30a		Barre	D Amanda B.
08:10a	50	Aqua Athletics	ORP Teresa
08:30a	30	LES MILLS SPRINT™	E Carolyn
08:30a		BODYFLOW®	D Amanda B.
08:45a	30	BODYPUMP® 30	C Ashlee
09:00a		Aqua Athletics	ORP Teresa
09:15a	25	BORN TO MOVE® 2-3	VKS Jennisa
09:15a	30	CXWORX®	C Fairy
09:30a		Barre	D Amanda B.
09:30a		Group Cycle	E Julie
09:45a	30	BORN TO MOVE® 4-5	VKS Jennisa
09:45a		BODYCOMBAT®	C Neila
10:00a	30	Exercise for Tots	VKC Teal
10:30a		Power Yoga	D Kristen M.
10:45a	45	Stretch & Balance	C Carolyn
11:30a	45	Barre	D Kristen M.
12:00p		Gentle Aqua	ILP Malin
01:15p		Gentle Yoga	D Faith
04:45p		BODYCOMBAT®	C Neila
05:15p		Barre	D Fairy
05:30p	30	BORN TO MOVE® 6-7	VKS Dorothy
05:30p	30	Tween Cycle	E D Adreinne
05:45p	45	BODYPUMP®	C Kathy
06:00p		Group Cycle	E D Adreinne
06:15p		BODYFLOW®	D Neila
06:30p	30	CXWORX®	C Lucy
06:30p		Aqua Athletics	ALP Brenda
06:30p		Run Club	Landi
07:00p		Zumba®	C Hilda
07:15p		Restorative Yoga	D Jayne
Thursday			
05:30a		BODYPUMP®	C Cheri
08:10a	50	Aqua Athletics	ORP Teresa
08:30a		BODYPUMP®	C Allison
09:00a		Aqua Athletics	ORP Teresa
09:30a		BODYCOMBAT®	C Allison
09:30a		Power Yoga	D Tiffani
10:30a	30	CXWORX®	C Fairy
10:30a	30	Tween Barre Fusion	D Teal
11:45a		BODYPUMP®	C Megan
12:15p		Barre	D Ynske
01:15p		BODYFLOW®	D Ynske
04:30p		BODYFLOW®	D Neila
04:45p	30	BODYPUMP® 30	C Julie
05:15p	30	CXWORX®	C Julie
05:30p	30	LES MILLS BARRE™	D Neila
05:45p	45	BODYATTACK® 45	C Julie
06:15p		Gentle Yoga	D Suan
06:30p		Aqua Zumba®	ALP Thessalenuere
06:30p		Group Cycle	E Michelle
06:30p		Zumba®	C Korene

Tuesday			
05:15a		Group Cycle	E Mary Bridget
05:30a		BODYPUMP®	C Kathy
08:30a		Power Yoga	D Carolyn
09:00a	45	BODYATTACK®	C Julie
09:00a	50	Aqua Athletics	ILP Jennifer
09:30a		Barre	D Tiffani
09:45a		BODYPUMP®	C Julie
10:00a	30	LES MILLS SPRINT™	E Jennifer
10:30a		BODYFLOW®	D Teal
10:45a	45	SH'BAM®	C Neila
11:30a		Restorative Yoga	D Faith
11:45a		BODYPUMP®	C Megan
12:00p		Gentle Aqua	IRP Amanda R.
12:30p	45	LES MILLS BARRE™ 45	D Neila
01:15p		BODYFLOW®	D Neila
04:45p	30	LES MILLS GRIT® ATHLETIC	C Ashlee
05:00p	30	Family Yoga	D Rhetta
05:15p	30	LES MILLS TONE™	C Ashlee
05:30p	30	Begin to Cycle	E Rhetta
05:30p		Mat Pilates	D Ynske
05:45p	45	Hip-Hop Fusion	C Courtney
06:15p	45	Group Cycle	E Rhetta
06:30p	30	LES MILLS GRIT® ATHLETIC	C Ashlee
06:30p		Aqua Athletics	ALP Malin
06:30p		Barre	D Courtney
07:00p		Zumba®	C Brenda
07:30p	45	Aqua Athletics	ALP Malin
07:30p		Yin Yoga	D Ynske
08:30p	45	Gentle Yoga	D Faith
Friday			
05:15a		Group Cycle	E Leanne
05:30a	45	Vinyasa Flow	D Rhetta
08:10a	50	Aqua Athletics	ORP Teresa
08:30a		Yoga Sculpt	D Tiffani
09:00a	45	Athletic Conditioning	C Kristen S.
09:00a		Aqua Athletics	ORP Teresa
09:00a		Group Cycle	E Cindy
09:30a		Barre	D TBA
09:45a	30	BODYPUMP® 30	C Julie
10:15a	30	CXWORX®	C Julie
10:30a	45	Mat Pilates	D Ynske
11:15a	30	LES MILLS BARRE™ 45	D Ynske
12:15p		Restorative Yoga	D Jayne
04:45p		BODYPUMP®	C Kathy
05:30p		Group Cycle	E Michelle
05:30p		Vinyasa Flow	D Letti

Wednesday			
05:15a		Group Cycle	E Leanne
05:30a	30	LES MILLS GRIT® ATHLETIC	C Ashlee
07:30a		Barre	D Amanda B.
07:30a		Group Cycle	E Melinda
08:30a	30	LES MILLS SPRINT™	E Carolyn
08:30a		BODYFLOW®	D Amanda B.
08:45a		Athletic Conditioning	C Jennisa
09:00a	30	LES MILLS TONE™	B Ashlee
09:00a		Aqua Athletics	ALP Amanda R.
09:15a	30	BORN TO MOVE® 2-3	VKS Carolyn
09:30a	30	LES MILLS GRIT® ATHLETIC	B Ashlee
09:30a		Barre	D Amanda B.
09:45a	30	BODYPUMP® 30	C Julie
09:45a	30	BORN TO MOVE® 4-5	VKS Carolyn
10:15a	30	CXWORX®	C Julie
10:30a	45	Stretch & Balance	D Ynske
11:15a		Yin Yoga	D Ynske
12:00p		Gentle Aqua	IRP Letti
12:15p		Mat Pilates	D Ynske
01:15p		Vinyasa Flow	D Faith
04:45p	45	Power Yoga	D Faith
05:30p	30	BORN TO MOVE® 6-7	VKS Dorothy
05:30p		Barre	D Faith
05:45p		BODYPUMP®	C Kristie
06:00p		Group Cycle	E D Adreinne
06:30p		Aqua Athletics	ALP Amanda R.
06:30p		BODYFLOW®	D Malin
06:45p		BODYJAM®	C Kristie
07:30p	45	Aqua Athletics	ALP Amanda R.
07:30p		Vinyasa Flow	D Faith
Saturday			
07:15a		BODYPUMP®	C Kathy
08:00a		Aqua Athletics	ALP Malin
08:15a		Barre	D Fairy
08:30a	30	Group Cycle	E Julie
08:30a	45	Zumba®	C Korene
09:00a		Aqua Athletics	ALP Malin
09:05a		Group Cycle	E Melinda
09:15a	25	Zumba® Kids Jr. (4-6)	VKS Korene
09:15a		BODYFLOW®	D Fairy
09:15a		BODYPUMP®	C Julie
09:40a	25	Zumba® Kids (7-12)	VKS Korene
10:00a	45	Family Cycle	E Melinda
10:15a		BODYCOMBAT®	C Megan
10:15a		Vinyasa Flow	D Faith
11:15a		Restorative Yoga	D Faith
12:15p	45	Family Yoga	D Faith
Sunday			
08:00a		Group Cycle	E Cindy
08:45a		BODYPUMP®	C Valerie
09:15a		Barre	D Amanda B.
09:45a	30	BODYATTACK® 30	C Valerie
10:15a		Group Cycle	E D Adreinne
10:15a		Vinyasa Flow	D Jayne
10:45a		Zumba®	C Abraham
11:15a		Yin Yoga	D Jayne
11:45a		BODYPUMP®	C Michelle
02:00p		BODYFLOW®	D Fairy

	B = Studio B	C = Studio C	D = Studio D	E = Studio E
ALP = Adult Lap Pool - Leisure	ILP = Indoor Lap Pool	IRP = Indoor Rec Pool	ORP = Outdoor Rec Pool	VKC = VillaKids Court
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 C, D 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.