

Monday			
05:15a		Group Cycle	E Leanne, Melinda
05:30a		Strength and Conditioning	C Kimberly F., Michelle P.
07:30a		Barre	D Amanda
08:00a		Aqua Athletics	ORP-L4-5 Teresa
08:30a	30	LES MILLS SPRINT™	E Carolyn
08:30a		BODYFLOW®	D Amanda
08:45a	30	BODYPUMP® 30	C Fairy
09:00a	30	LES MILLS GRIT® CARDIO	NC Jennisa
09:00a		Aqua Athletics	ORP-L4-5 Teresa
09:15a	30	CXWORX®	C Fairy
09:30a	30	LES MILLS GRIT® CARDIO	NC Jennisa
09:30a	45	LES MILLS THE TRIP	E Julie C.
09:30a		Barre	D Amanda
09:45a		BODYCOMBAT®	C Neila
10:30a		Power Yoga	D Kristen
10:45a	45	Stretch & Balance	C Ynske
11:30a	45	Barre	D Kristen
11:30a	45	LES MILLS THE TRIP	E Angela
12:00p		Gentle Aqua	IRP Kimberly B.
01:15p		Gentle Yoga	D Faith
04:30p	40	Mat Pilates	D Fairy
04:45p		BODYCOMBAT®	C Neila
05:15p		Barre	D Fairy
05:30p	30	BORN TO MOVE® 6-7	VKS Dorothy
05:45p	45	BODYPUMP®	C Kathy
06:00p		Group Cycle	E Julie S.
06:15p		BODYFLOW®	D Neila
06:30p	30	CXWORX®	C Lucy
06:30p		Aqua Athletics	ORP-L4-5 Kimberly B.
07:00p		Zumba®	C Hilda, Korene
07:15p		Restorative Yoga	D Jayne

Thursday			
05:30a		BODYPUMP®	C Cheri
08:00a		Aqua Athletics	IRP Teresa
08:30a	45	LES MILLS THE TRIP	E Rebecca
08:30a		BODYPUMP®	C Lindsey
09:00a		Aqua Athletics	IRP Teresa
09:30a	30	LES MILLS SPRINT™	E Angela
09:30a		BODYCOMBAT®	C Neila
09:30a		Power Yoga	D Tiffani
10:30a	30	LES MILLS GRIT® STRENGTH	C Kimberly F.
10:30a		Mat Pilates	D Rebecca
11:00a	45	SH'BAM®	C Neila
11:45a		BODYPUMP®	C Jessica
12:00p		Gentle Aqua	IRP Kimberly B.
12:15p		Barre	D Ynske
01:15p		BODYFLOW®	D Ynske
04:30p		BODYFLOW®	D Neila
04:45p	30	BODYPUMP® 30	C Kathy
05:15p	30	CXWORX®	C Fairy
05:30p	30	LES MILLS BARRE™	D Neila
05:30p	45	LES MILLS THE TRIP	E Kathy
05:45p	45	Strength and Conditioning	C Kimberly B.
06:15p		Power Yoga	D Jennifer
06:30p		Zumba®	C Korene
07:00p		Aqua Zumba®	ILP TBA
07:15p		Stretch & Balance	D Ynske

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 C.
09:00a	50	Aqua Athletics	IRP Malin
09:15a	30	BORN TO MOVE® 2-3	VKS Jennisa
09:30a		Barre	D Tiffani
09:45a	30	BORN TO MOVE® 4-5	VKS Jennisa
09:45a		BODYPUMP®	C Julie C.
10:30a		Mat Pilates	D Malin
10:45a	45	SH'BAM®	C Neila
11:45a		BODYPUMP®	C Lindsey
12:00p		Gentle Aqua	IRP Malin
12:30p	45	LES MILLS BARRE™ 45	D Neila
01:15p		BODYFLOW®	D Neila
04:30p	30	LES MILLS SPRINT™	E Teal
04:45p		Strength and Conditioning	C Rebecca
05:30p	30	Begin to Cycle	E Rhetta
05:30p		Mat Pilates	D Ynske
05:45p	45	Zumba®	C Cheri
06:15p	45	LES MILLS THE TRIP	E Kathy
06:30p	30	CXWORX®	C Ynske
06:30p		Aqua Athletics	IRP-L1 Malin
06:30p		Barre	D Angela
07:00p		Zumba®	C TBA
07:30p	45	Aqua Athletics	IRP Malin
07:30p		Yin Yoga	D Ynske

Friday			
05:15a		Group Cycle	E Leanne
05:30a		Strength and Conditioning	C Kimberly B.
07:30a		Barre	D Ynske
08:30a		BODYFLOW®	D Ynske
08:45a		Strength and Conditioning	NC Jennisa
09:00a		Aqua Athletics	IRP Teresa
09:00a		Group Cycle	E Cindy
09:30a	45	Barre	D Tiffani
09:45a	30	BODYPUMP® 30	C Sabrina
10:15a	30	CXWORX®	C Sabrina
10:15a	45	Yoga Sculpt	D Tiffani
11:00a	40	Mat Pilates	D Ynske
11:45a		Stretch & Balance	C Ynske
12:15p		Restorative Yoga	D Jayne
01:15p		BODYFLOW®	D Neila
04:45p		BODYPUMP®	C Kathy
05:30p		Vinyasa Flow	D Letti
06:00p	45	LES MILLS THE TRIP	E Sara

Wednesday			
05:15a		Group Cycle	E Leanne
05:30a	30	LES MILLS GRIT® ATHLETIC	C Kimberly F.
07:30a	45	LES MILLS THE TRIP	E Melinda
07:30a		Barre	D Amanda
07:30a		BODYPUMP®	C John
08:30a	30	LES MILLS SPRINT™	E Carolyn
08:30a		BODYFLOW®	D Amanda
08:45a		Strength and Conditioning	C Jennisa
09:00a		Aqua Athletics	IRP Kimberly B.
09:15a	30	BORN TO MOVE® 2-3	VKS Carolyn
09:30a		Barre	D Amanda
09:45a	30	BODYPUMP® 30	C Angela
09:45a	30	BORN TO MOVE® 4-5	VKS Carolyn
09:45a	30	LES MILLS GRIT® ATHLETIC	B Sabrina
10:15a	30	CXWORX®	B Sabrina
10:30a		Stretch & Balance	D Ynske
11:30a	45	LES MILLS THE TRIP	E Angela
11:30a		Yin Yoga	D Ynske
12:30p	45	Mat Pilates	D Ynske
04:45p	45	Power Yoga	D Faith
04:45p		BODYATTACK®	C Julie C.
05:30p	30	BORN TO MOVE® 6-7	VKS Dorothy
05:30p		Barre	D Faith
05:45p		BODYPUMP®	C Sara
06:00p		Group Cycle	E Julie S.
06:30p		Aqua Athletics	IRP-L1 Kimberly B.
06:30p		BODYFLOW®	D Malin
06:45p	45	SH'BAM®	C Neila
07:00p	45	LES MILLS THE TRIP	E Sara
07:30p		Vinyasa Flow	D Faith

Saturday			
07:15a		BODYPUMP®	C Lindsey
08:00a		Aqua Athletics	IRP Kimberly B., Malin
08:15a	45	LES MILLS THE TRIP	E Julie C.
08:15a		Barre	D Fairy
08:15a		Zumba®	C Korene
09:00a	25	Yoga with kids 4-6	VKS Michelle H.
09:00a		Aqua Athletics	IRP Kimberly B., Malin
09:00a		Group Cycle	E Rhetta
09:15a		BODYFLOW®	D Fairy
09:15a		BODYPUMP®	C Julie C.
09:30a	30	Yoga with kids 7-12	TBA Michelle H.
10:00a	30	Family Cycle	E Rhetta
10:15a	30	BORN TO MOVE® 8-12	VKS Dorothy
10:15a		BODYCOMBAT®	C Lucy, TBA
10:15a		Vinyasa Flow	D Faith
11:15a		Restorative Yoga	D Faith
12:15p	45	Family Yoga	D Michelle H.

Sunday			
08:00a		Group Cycle	E Cindy
08:45a		BODYPUMP®	C Valerie
09:00a		Barre	D Teal
09:45a	30	BODYATTACK® 30	C Valerie
10:15a		Vinyasa Flow	D Jayne
10:45a		Zumba®	C Brenda
11:15a		Yin Yoga	D Jayne
11:45a		BODYPUMP®	C Jessica
02:00p	45	LES MILLS THE TRIP	E Sara
02:00p		BODYFLOW®	D Fairy

B = Result	C = Energy	D = Balance	E = Ride	ILP = Indoor Lap Pool
IRP = Indoor Rec Pool	IRP-L1 = Indoor Rec Pool - Lane	NC = North Court	ORP-L4-5 = Outdoor Rec 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 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 mins.)

Achieve results fast in this HIIT cycle class with bursts of intensity followed by periods of rest.

LES MILLS THE TRIP™ (40 mins.)

Immerse yourself in this multi-peak cycling journey through digitally-created worlds.

LES MILLS THE TRIP™ – TEEN (40 mins.)

Immerse yourself in this multi-peak cycling journey through different gaming worlds. *You must be able to fully rotate the pedals in a seated position.*

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®

Adults (13+) | Kids (5-12) | Family (5+)
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

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.