

Monday				
05:15a	45	LES MILLS THE TRIP	Ride	Brittany S.
05:15a		BODYPUMP®	Energy	Trista
06:15a	30	LES MILLS GRIT® ATHLETIC	Energy	Aubrey
06:45a	30	CXWORX®	Energy	Aubrey
08:45a	45	Group Cycle	Ride	Leslie
08:45a	45	LES MILLS TONE™	Energy	Lauren
09:00a		Gentle Aqua	ORC	Melissa O.
09:15a		Vinyasa Flow	Balance	Andrea T.
09:30a		BODYCOMBAT®	Energy	Brittany S.
09:45a	45	LES MILLS THE TRIP	Ride	Gina
10:30a		Tai Chi	Balance	Leilani
10:45a		Zumba®	Energy	Gina
12:00p	30	BODYPUMP® 30	Energy	Noelle
12:00p	45	LES MILLS THE TRIP	Ride	Brittany L.
12:00p		Yin Yoga	Balance	Brittany M.
12:30p	30	CXWORX®	Energy	Lauren
04:00p	30	BORN TO MOVE® 4-5	Energy	Ray
04:30p		BODYPUMP®	Energy	Ray
04:30p		Mat Pilates	Balance	Wendy
04:45p	45	Family Cycle 5+	Ride	Melissa O.
05:30p	30	CXWORX®	Energy	Ray
05:30p		Power Yoga	Balance	Sarah
06:15p	30	LES MILLS SPRINT™	Ride	Ray
06:30p	30	LES MILLS GRIT® CARDIO	Energy	Stephanie
07:00p	30	CXWORX®	Energy	Stephanie
07:00p	45	LES MILLS THE TRIP	Ride	Sarah
07:00p		Restorative Yoga	Balance	John-Eric
07:30p	45	LES MILLS TONE™	Energy	Lauren
Thursday				
05:15a		BODYATTACK®	Energy	Aubrey, Trista
05:30a	45	LES MILLS THE TRIP	Ride	Taryn
08:15a	45	Strength & Conditioning	Energy	Brittany L.
09:00a	45	Group Cycle	Ride	Gina
09:00a		BODYPUMP®	Energy	Brittany L.
09:15a		Vinyasa Flow	Balance	Melissa L.
10:00a		Barre	Energy	Gina
10:15a		POP Pilates	Balance	Karen, Noelle
12:00p	45	LES MILLS THE TRIP	Ride	Brittany L.
12:00p		Yoga Sculpt	Balance	Liz
04:00p		Gentle Yoga	Balance	Leilani
04:30p	45	Basic Conditioning 8+	Energy	Leslie
05:00p		Power Yoga	Balance	Wendy
05:30p		Aqua Athletics	ILP	Denise, Jackeline
05:30p		Barre	Energy	Leslie
05:45p	45	LES MILLS THE TRIP	Ride	Aubrey, Taryn
06:00p		Yin Yoga	Balance	Wendy
06:30p		Zumba®	Energy	Dana
07:00p		Yoga Sculpt	Balance	Sarah
07:45p		BODYPUMP®	Energy	Trista

Tuesday				
05:15a	45	LES MILLS THE TRIP	Ride	Aubrey
05:15a		BODYCOMBAT®	Energy	Trista
06:15a		LES MILLS BARRE™	Energy	Aubrey
08:00a		Strength & Conditioning	Energy	Leslie
09:00a	45	LES MILLS THE TRIP	Ride	Brittany L., Denise
09:15a		Mat Pilates	Balance	Leslie
09:30a		BODYPUMP®	Energy	Noelle
10:15a		Yoga Sculpt	Balance	Andrea T.
10:30a		Barre	Energy	Andrea C.
12:00p	45	LES MILLS THE TRIP	Ride	Gina
12:00p		Strength & Conditioning	Energy	Andrea C.
04:00p		Mat Pilates	Balance	Leilani
04:30p		Low-Impact Workout	Energy	Jackeline
04:45p	45	LES MILLS THE TRIP TEEN	Ride	Melissa O.
05:00p		Vinyasa Flow	Balance	Liz
05:30p		Aqua Athletics	ILP	Jackeline
05:30p		BODYCOMBAT®	Energy	Melissa L.
05:45p	45	LES MILLS THE TRIP	Ride	Trista
06:00p		Yin Yoga	Balance	Wendy
06:30p	30	LES MILLS GRIT® STRENGTH	Energy	Stephanie
06:45p	30	LES MILLS SPRINT™	Ride	Trista
07:00p		Tai Chi	Balance	Leilani
07:15p		Zumba Toning®	Energy	Dionne
Friday				
05:15a	45	LES MILLS THE TRIP	Ride	Gina
05:15a		BODYCOMBAT®	Energy	Taryn
06:15a	30	BODYPUMP® 30	Energy	Taryn
08:15a		Vinyasa Flow	Balance	Karen, Leilani
08:30a		BODYPUMP®	Energy	Brittany L.
09:00a		Gentle Aqua	ORC	Melissa O.
09:15a		Yoga Sculpt	Balance	Sarah
09:30a		Zumba®	Energy	Dionne
09:45a		LES MILLS THE TRIP	Ride	Brittany L.
10:15a		Vinyasa Flow	Balance	Leilani
10:30a	30	CXWORX®	Energy	Kelly
11:30a		PiYo	Balance	Wendy
12:00p		BODYPUMP®	Energy	Melissa L.
12:15p	45	LES MILLS THE TRIP	Ride	Brittany L.
04:00p	30	LES MILLS SPRINT™	Ride	Lisa
04:00p		Stretch & Balance	Balance	Brittany M.
04:30p	30	LES MILLS GRIT® STRENGTH	Energy	Stephanie
05:00p	30	CXWORX®	Energy	Stephanie
05:15p		Restorative Yoga	Balance	Brittany M.
05:30p		BODYPUMP®	Energy	Kelly
05:45p	45	LES MILLS THE TRIP	Ride	Leslie
06:15p		Mat Pilates	Balance	Joelle

Wednesday				
05:15a	45	LES MILLS THE TRIP	Ride	Taryn
05:15a		BODYPUMP®	Energy	Brittany S.
06:15a	30	BODYPUMP® 30	Energy	Taryn
06:45a	30	CXWORX®	Energy	Taryn
08:00a	30	LES MILLS GRIT® CARDIO	Energy	Stephanie
09:00a		Aqua Athletics	ORC	Melissa O.
09:00a		Barre	Energy	Leslie
09:30a		Power Yoga	Balance	Sarah
09:45a	45	LES MILLS THE TRIP	Ride	Brittany L.
10:00a		BODYCOMBAT®	Energy	Brittany S.
10:30a		Restorative Yoga	Balance	Sarah
11:00a	45	Pound®	Energy	Brittany L.
12:00p	30	BODYPUMP® 30	Energy	Melissa L.
12:15p	45	LES MILLS THE TRIP	Ride	Gina
12:15p		Mat Pilates	Balance	Karen
12:30p	30	BODYCOMBAT® 30	Energy	Melissa L.
01:15p		Stretch & Balance	Balance	Karen
04:00p	30	BORN TO MOVE® 4-5	Energy	Noelle
04:45p	45	LES MILLS THE TRIP	Ride	Wendy
04:45p		Mat Pilates	Balance	Leslie
05:30p		Aqua Athletics	ILP	Melissa O.
05:30p		BODYPUMP®	Energy	Trista
05:45p	45	LES MILLS THE TRIP	Ride	Leslie
06:00p		Vinyasa Flow	Balance	Leilani
06:30p	30	CXWORX®	Energy	Trista
07:00p		Restorative Yoga	Balance	Leilani
07:15p		Zumba®	Energy	Dionne
Saturday				
08:15a	45	LES MILLS THE TRIP	Ride	Gina
08:15a		BODYFLOW®	Balance	Melissa L.
08:30a		BODYCOMBAT®	Energy	John-Eric
09:00a		Aqua Athletics	ORC	Melissa O.
09:15a	45	LES MILLS THE TRIP	Ride	Trista
09:15a		Power Yoga	Balance	Sarah
09:30a		BODYPUMP®	Energy	Melissa L.
10:15a	45	Family Cycle 5+	Ride	Leslie
10:15a		Vinyasa Flow	Balance	Karen
10:30a		Low-Impact Workout	Energy	Melissa O.
11:15a	30	LES MILLS SPRINT™	Ride	Lisa
11:15a		Mat Pilates	Balance	Joelle
11:30a		Zumba®	Energy	Dana
12:00p	45	LES MILLS THE TRIP	Ride	Taryn
12:15p		Power Yoga	Balance	Wendy
03:00p		BODYPUMP®	Energy	Trista
04:00p	30	CXWORX®	Energy	Trista
Sunday				
08:15a	45	LES MILLS THE TRIP	Ride	Gina
08:15a		BODYPUMP®	Energy	Noelle
08:30a		Yoga Sculpt	Balance	Andrea T.
09:15a	45	LES MILLS THE TRIP	Ride	Leslie
09:30a		BODYATTACK®	Energy	Ray
10:00a		Vinyasa Flow	Balance	Liz
10:30a	30	LES MILLS SPRINT™	Ride	Ray
10:30a	30	Pound®	Energy	Gina
11:00a		Restorative Yoga	Balance	Liz
11:15a	30	BORN TO MOVE® 8-12	Energy	Ray
12:00p	45	LES MILLS THE TRIP	Ride	Gina
12:15p		Family Yoga 5+	Balance	Karen, Trista
04:00p		Yin Yoga	Balance	Ashley

Balance = Balance    Energy = Energy    ILP = Indoor Lap Pool    ORC = Outdoor Rec Pool    Ride = Ride

- 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: Balance, Energy, and Ride studios 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.