

Monday			
05:15a		BODYPUMP®	Energy Trista
05:30a	45	RPM®	Ride Lisa
06:15a	30	LES MILLS GRIT® ATHLETIC	Energy Aubrey
06:45a	30	CXWORX®	Energy Aubrey
08:45a	45	Group Cycle	Ride Leslie
09:00a		Gentle Aqua	ORC Ariel
09:15a		Vinyasa Flow	Balance Andrea T.
09:30a		BODYCOMBAT®	Energy Brittany S.
09:45a	45	LES MILLS THE TRIP	Ride Gina
10:30a		Zumba®	Energy Dionne
12:00p	30	BODYPUMP® 30	Energy Noelle
12:00p	45	LES MILLS THE TRIP	Ride Brittany L.
12:00p		Power Yoga	Balance Brittany M.
12:30p	30	CXWORX®	Energy Lauren
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 S.
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	Group Cycle	Ride Melissa O.
07:00p		Vinyasa Flow	Balance John-Eric
07:30p	30	BODYATTACK® 30	Energy Lauren
Thursday			
05:30a	45	LES MILLS THE TRIP	Ride Taryn
06:30a		Power Yoga	Balance John-Eric
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 Noelle
11:30a	30	BORN TO MOVE® 4-5	Energy Noelle
12:00p	45	LES MILLS THE TRIP	Ride Gina
04:00p		Gentle Yoga	Balance Leilani
04:30p	45	Family Barre 8+	Energy Leslie
05:00p		Vinyasa Flow	Balance Wendy
05:30p		Aqua Athletics	ILP Jackeline
05:30p		BODYCOMBAT®	Energy Brittany S.
05:45p	45	LES MILLS THE TRIP	Ride Aubrey
06:00p		Yin Yoga	Balance Wendy
06:45p		BODYATTACK®	Energy Aubrey
07:45p		BODYPUMP®	Energy Trista

Tuesday			
05:15a	45	LES MILLS THE TRIP	Ride Aubrey
06:15a		LES MILLS BARRE™	Energy Aubrey
06:30a		Yoga Sculpt	Balance Sarah T.
08:00a		Strength & Conditioning	Energy Leslie
08:15a		Vinyasa Flow	Balance Sarah S.
09:00a	45	LES MILLS THE TRIP	Ride 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.
04:30p		Aqua Athletics	ILP Denise
04:30p		Low-Impact Workout	Energy Jackeline
04:45p		Tween Group Cycle	Ride Melissa O.
05:00p		Vinyasa Flow	Balance Liz
05:30p		BODYCOMBAT®	Energy Melissa L.
05:45p	45	RPM®	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
Friday			
05:15a	45	LES MILLS THE TRIP	Ride Gina
05:30a	30	BODYPUMP® 30	Energy Taryn
06:00a	30	BODYCOMBAT® 30	Energy Taryn
06:45a	30	LES MILLS SPRINT™	Ride Taryn
08:15a		Vinyasa Flow	Balance Karen
08:30a		BODYPUMP®	Energy Brittany L.
09:00a		Gentle Aqua	ORC Ariel
09:15a		Yoga Sculpt	Balance Sarah S.
09:30a		Zumba®	Energy Gina
09:45a		LES MILLS THE TRIP	Ride Brittany L.
10:15a		Vinyasa Flow	Balance Leilani
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
04:30p	30	LES MILLS GRIT® STRENGTH	Energy Stephanie
04:30p		Family Yoga 5+	Balance Ashley
04:45p	45	RPM®	Ride Don
05:15p		Strength & Conditioning	Energy Stephanie
05:30p		Restorative Yoga	Balance Brittany M.
05:45p	45	LES MILLS THE TRIP	Ride Leslie
06:30p		BODYPUMP®	Energy Don
06:30p		Stretch & Balance	Balance Brittany M.

Wednesday			
05:15a	45	LES MILLS THE TRIP	Ride Taryn
05:30a	30	LES MILLS GRIT® CARDIO	Energy Stephanie
06:15a	30	BODYPUMP® 30	Energy Taryn
06:45a	30	CXWORX®	Energy Taryn
09:00a		Aqua Athletics	ORC Melissa O.
09:00a		Barre	Energy Leslie
09:15a		Power Yoga	Balance Sarah S.
09:45a	45	LES MILLS THE TRIP	Ride Brittany L.
10:00a		BODYCOMBAT®	Energy Brittany S.
10:15a		Restorative Yoga	Balance Sarah S.
12:00p	30	BODYPUMP® 30	Energy Melissa L.
12:00p		Mat Pilates	Balance Karen
12:15p	45	LES MILLS THE TRIP	Ride Brittany L.
12:30p	30	BODYCOMBAT® 30	Energy Melissa L.
04:30p		Zumba Gold®	Energy Jackeline
04:45p	45	LES MILLS THE TRIP	Ride Brittany L.
04:45p		Mat Pilates	Balance Leslie
05:30p		BODYPUMP®	Energy Trista
05:45p	45	Group Cycle	Ride Leslie
06:00p		Aqua Athletics	ILP Melissa O.
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	30	LES MILLS SPRINT™	Ride Trista
09:15a		Power Yoga	Balance Sarah S.
09:30a		BODYPUMP®	Energy Melissa L.
10:00a	45	Family Cycle 5+	Ride Noelle
10:15a		Vinyasa Flow	Balance Karen
10:30a		Low-Impact Workout	Energy Melissa O.
11:00a		Begin To Cycle	Ride Trista
11:15a		POP Pilates	Balance Noelle
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.
09:30a		BODYATTACK®	Energy Ray
10:00a		Restorative Yoga	Balance Liz
10:30a	30	LES MILLS SPRINT™	Ride Ray
11:00a		Vinyasa Flow	Balance Liz
12:00p	45	LES MILLS THE TRIP	Ride Gina
12:00p		Family Yoga 5+	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

More than 100 group exercise classes per week are included in your membership.

Classes are 55 minutes unless otherwise noted. Some classes are offered in varying durations. Availability varies by location.

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.

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 THE TRIP™

A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

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.

Strength and Conditioning

Full-body intervals, circuits, and functional movements to improve cardiovascular endurance, strength, flexibility, power, speed, coordination, and agility.

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.