

Monday				
05:15a	45	RPM®	Ride	Lisa
05:15a		BODYPUMP®	Energy	Trista
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., Lauren
09:45a	45	LES MILLS THE TRIP	Ride	Gina
10:30a		Zumba®	Energy	Dionne
12:00p	30	BODYPUMP® 30	Energy	Don
12:00p	45	LES MILLS THE TRIP	Ride	Brittany L.
12:00p		Power Yoga	Balance	Brittany M.
12:30p	30	CXWORX®	Energy	Don
04:30p		BODYPUMP®	Energy	Ray
04:30p		Mat Pilates	Balance	Wendy
04:45p	45	Family Cycle	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	Aubrey, Stephanie
07:00p	30	CXWORX®	Energy	Aubrey, Stephanie
07:00p	45	Group Cycle	Ride	Melissa O.
07:00p		Vinyasa Flow	Balance	John-Eric
07:30p		BODYATTACK®	Energy	Lauren
Thursday				
05:30a	45	LES MILLS THE TRIP	Ride	Taryn
05:30a		Yoga Sculpt	Balance	Sarah T.
06:30a		Power Yoga	Balance	John-Eric
08:30a		BODYPUMP®	Energy	Brittany L.
09:00a	45	Group Cycle	Ride	Gina
09:15a		Vinyasa Flow	Balance	Michelle
10:00a		Barre	Energy	Gina
10:15a		POP Pilates	Balance	Noelle
12:00p	45	LES MILLS THE TRIP	Ride	Gina
04:00p		Gentle Yoga	Balance	Leilani
04:30p	45	Family Barre	Energy	Leslie
05:00p		Vinyasa Flow	Balance	Wendy
05:30p		Aqua Athletics	ILP	Ariel
05:30p		BODYCOMBAT®	Energy	Brittany S., Trista
05:45p	45	LES MILLS THE TRIP	Ride	Aubrey, Leslie
06:15p		Yin Yoga	Balance	Wendy
06:45p		BODYATTACK®	Energy	Aubrey
07:45p		BODYPUMP®	Energy	Trista

Tuesday				
05:15a	45	LES MILLS THE TRIP	Ride	Aubrey
05:30a		Power Yoga	Balance	Sarah T.
06:15a		LES MILLS BARRE™	Energy	Aubrey
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	Aubrey, 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, Trista
06:00a	30	BODYCOMBAT® 30	Energy	Taryn, Trista
06:45a	30	LES MILLS SPRINT™	Ride	Taryn, Trista
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
11:15a		Power Yoga	Balance	Michelle
12:00p		BODYPUMP®	Energy	Melissa L., Noelle
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	Aubrey, Stephanie
04:30p		Family Yoga	Balance	Ashley
04:45p	45	RPM®	Ride	Don, Lisa
05:00p		Restorative Yoga	Balance	Liz
05:15p		Strength & Conditioning	Energy	Leslie
05:30p		Restorative Yoga	Balance	Brittany M.
05:45p	45	LES MILLS THE TRIP	Ride	Brittany L., Gina
06:30p		BODYPUMP®	Energy	Don
06:30p		Stretch & Balance	Balance	Brittany M.

Wednesday				
05:15a	45	LES MILLS THE TRIP	Ride	Aubrey, Taryn
05:30a	30	LES MILLS GRIT® CARDIO	Energy	Leslie, Stephanie
06:15a	30	BODYPUMP®	Energy	Aubrey
06:45a	30	CXWORX®	Energy	Aubrey, Taryn
08:15a		Vinyasa Flow	Balance	Wendy
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	RPM®	Ride	Don, Lisa
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	Aubrey
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	Aubrey
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.
08:15a		Run Club		Liz
08:15a		Yoga By the Pool	Adult Lap	Andrea T., Melissa L., Sarah S.
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	Ride	Noelle, Trista
10:15a		Vinyasa Flow	Balance	Karen, Michelle
10:30a		Low-Impact Workout	Energy	Melissa O.
11:00a		Begin To Cycle	Ride	Trista
11:30a		POP Pilates	Balance	Erin
12:00p	45	LES MILLS THE TRIP	Ride	Gina, Taryn
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
12:00p	45	LES MILLS THE TRIP	Ride	Gina
12:00p		Family Yoga	Balance	Ashley

	Adult Lap = Adult Lap Pool -	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.