

Monday				
05:45a	30	LES MILLS GRIT CARDIO	C	Brenden
05:45a		Group Cycle	E	Hiep
06:15a	30	Athletic Conditioning	C	Brenden
07:00a		POP Pilates	D	Lillian
08:45a	30	LES MILLS CXWORX	C	Hanna
09:00a		Mat Pilates	D	Carolina
09:15a	30	LES MILLS BODYATTACK 30	C	Hanna
09:45a		Low Impact Workout	C	Ginny
10:00a		Barre	D	Camille
10:45a		Zumba®	C	Rosario
11:00a	30	LES MILLS BORN TO MOVE 2-3	D	Camille
11:15a		Gentle Aqua	IRP	Claire
11:45a		LES MILLS BODYPUMP	C	Aida
12:00p		Vinyasa Flow	D	Maggie
01:00p		Tai Chi	D	Jeffery
04:00p	45	Tween Cycle	E	Matt
04:45p	45	Basic Conditioning - Ages 8+	B	Lillian
04:45p		LES MILLS BODYCOMBAT	C	Jenny
05:00p		LES MILLS BODYFLOW	D	Eric
05:45p		LES MILLS BODYPUMP	C	Jenny
06:00p	30	Zumba® Kids Jr. (4-6)	VK	Lillian
06:00p		Yoga Sculpt	D	Stephanie
06:30p		Cycle & Sculpt	E	Veronica
06:45p		Zumba®	C	Simeon
07:00p		Barre	D	Carolina
07:30p		LES MILLS RPM	E	Lulu
07:45p		U-Jam®	C	Kate
08:00p		Aqua Zumba®	ILP	Rosa
08:00p		Gentle Yoga	D	Nguyen
08:45p		Pound®	C	Mary
Thursday				
05:45a		LES MILLS BODYPUMP	C	Jennifer
05:45a		LES MILLS RPM	E	Shyamali
06:45a		Zumba®	C	Rosa
08:00a		Power Yoga	D	Maggie
08:45a		LES MILLS BODYCOMBAT	C	Michelle
09:00a		Barre	D	Allie
09:45a	30	LES MILLS CXWORX	C	Kimi
10:00a		Tai Chi	D	SJ, Yun
10:15a	30	LES MILLS BARRE	C	Kimi
10:45a		Zumba®	C	Alice
11:00a	30	Baby Yoga	D	Allie
11:45a		LES MILLS BODYPUMP	C	Aida
12:00p		Vinyasa Flow	D	Allie
12:15p		Gentle Aqua	IRP	Claire
04:45p		Zumba®	C	Alice
05:00p	30	Zumba® Kids Jr. (4-6)	VK	Rosa
05:00p		LES MILLS BODYFLOW	D	Hanna
05:30p	30	Zumba® Kids (7-12)	VK	Rosa
05:45p		LES MILLS BODYPUMP	C	Eric
06:00p		Yin Yoga	D	Ginny
06:30p		Cycle & Sculpt	E	Lulu
06:45p		LES MILLS BODYCOMBAT	C	Karen
07:00p		Mat Pilates	D	Carolina
07:30p		LES MILLS RPM	E	Lulu
07:45p	30	Pound® 30	C	Marylou
08:00p		Aqua Athletics	ILP	Pamela
08:00p		Restorative Yoga	D	Barani
08:15p	30	U-Jam® 30	C	Marylou
08:45p		Zumba®	C	Mona

Tuesday				
05:45a		LES MILLS BODYPUMP	C	Jennifer
05:45a		LES MILLS RPM	E	Shyamali
06:45a		Zumba®	C	Rosa
08:00a		Power Yoga	D	Ginny
08:45a	30	LES MILLS CXWORX	C	Kimi
09:00a		Yoga Sculpt	D	Janine
09:15a	30	LES MILLS BODYSTEP 30	C	Kimi
09:15a		Aqua Athletics	ILP	Fernanda
09:45a		U-Jam®	C	Mary Ann
10:00a		Tai Chi	D	Chuanwang, SJ
10:45a	45	LES MILLS TONE	C	Carolina
11:00a	30	Baby Yoga	D	Andrea
11:45a		Hip Hop Fusion	C	Fritzi Broese
12:00p		Restorative Yoga	D	Andrea
12:15p		Gentle Aqua	IRP	Claire
01:00p		Vinyasa Flow	D	Bruce
04:45p	30	LES MILLS BODYSTEP 30	C	Robin
05:15p	30	LES MILLS CXWORX	C	Robin
05:30p	30	Zumba® Kids Jr. (4-6)	VK	Rosa
05:45p	45	Begin to Cycle	E	Linda
05:45p		LES MILLS BODYCOMBAT	C	Michelle
06:00p	30	Zumba® Kids (7-12)	VK	Rosa
06:00p		Advanced Yoga	D	Maggie
06:30p		Group Cycle	E	Linda
06:45p		LES MILLS BODYPUMP	C	Becky
07:00p		Gentle Yoga	D	Maggie
07:30p		LES MILLS RPM	E	Lulu
07:45p		POP Pilates	C	Lillian
08:00p		Aqua Athletics	ILP	Pamela
08:00p		Vinyasa Flow	D	Maggie
08:45p		Zumba®	C	David
Friday				
05:45a	45	Vinyasa Flow	D	Jennifer
05:45a		Athletic Conditioning	C	Marco
05:45a		Group Cycle	E	Hiep
06:30a	30	LES MILLS BODYFLOW 30	D	Jennifer
07:00a		Power Yoga	D	Stephanie
08:00a		Gentle Yoga	D	Stephanie
08:30a	45	POP Pilates	C	Lillian
09:00a		Vinyasa Flow	D	Prashant
09:15a	30	LES MILLS BARRE	C	Dominique
09:15a		Aqua Athletics	ILP	Fernanda
09:45a		U-Jam®	C	Dominique
10:00a		LES MILLS BODYFLOW	D	Veronica
10:45a	45	LES MILLS TONE	C	Kimi
11:00a	30	LES MILLS BORN TO MOVE 2-3	D	Danielle
11:15a		Aqua Zumba®	IRP	Rathika
11:30a		Group Cycle	E	Gay
11:45a		Zumba®	C	Alice
12:00p		Tai Chi	D	Bruce
12:45p		LES MILLS BODYPUMP	C	Katherine
01:00p		Restorative Yoga	D	Bruce
05:00p		Family Yoga 5+	D	Stephanie
05:45p		Zumba®	C	Biha
06:30p		LES MILLS RPM	E	Lulu
06:45p		U-Jam®	C	Amy

Wednesday				
05:45a		Athletic Conditioning	C	Brenden
05:45a		LES MILLS RPM	E	Jennifer
06:00a		Vinyasa Flow	D	Joyce
07:00a		POP Pilates	D	Lillian
08:00a		LES MILLS BODYFLOW	D	Carolina
08:45a		LES MILLS BODYPUMP	C	Eric
09:00a		Vinyasa Flow	D	Prashant
09:15a		Aqua Athletics	ILP	Fernanda
09:45a		LES MILLS BODYCOMBAT	C	Kimi
10:00a		Power Yoga	D	Smile
10:45a		Zumba®	C	Rathika
11:00a		Tai Chi	D	Jeffery, SJ
11:15a		Gentle Aqua	IRP	Joyce
11:45a		Low Impact Workout	C	Ginny
12:00p		Qigong	D	Bruce
01:00p		Yin Yoga	D	Bruce
04:00p	45	Tween Cycle	E	Matt
04:30p	30	LES MILLS BORN TO MOVE 4-5	VK	Dominique
05:00p	30	Youth HipHop	VK	Dominique
05:15p	30	LES MILLS GRIT ATHLETIC	C	Brenden
05:30p	30	LES MILLS BARRE	D	Jenny
05:45p		U-Jam®	C	Dominique
06:00p		LES MILLS BODYFLOW	D	Karen
06:30p		LES MILLS RPM	E	Lulu
06:45p		Zumba®	C	Biha
07:00p		Power Yoga	D	Nguyen
07:45p		LES MILLS BODYCOMBAT	C	July
08:00p		Aqua Athletics	ILP	Claire
08:00p		Gentle Yoga	D	Nguyen
08:45p		LES MILLS BODYPUMP	C	July
Saturday				
08:00a		Vinyasa Flow	D	Stephanie
08:45a		Zumba®	C	David
09:00a		Group Cycle	E	Lulu
09:00a		LES MILLS BODYFLOW	D	Kate
09:15a		Aqua Athletics	ALP	Pamela
09:45a		U-Jam®	C	Mary
10:00a	30	LES MILLS SPRINT	E	Lulu
10:45a	30	Pound® 30	C	Mary
11:00a		Mat Pilates	D	Carolina
11:15a	45	LES MILLS BODYSTEP	C	Becky
12:00p	45	Family Cycle	E	Lulu
12:00p	45	LES MILLS BODYCOMBAT	C	Becky
12:00p		Qigong	D	Bruce
12:45p		U-Jam®	C	Mary Ann
01:00p		Vinyasa Flow	D	Ginny
02:00p		Zumba®	C	Lillian
04:45p		Zumba® Toning	C	Mona
Sunday				
07:45a		LES MILLS BODYPUMP	C	Robin
08:00a		Barre	D	Kimi
08:45a		LES MILLS BODYCOMBAT	C	July
09:00a		LES MILLS BODYFLOW	D	Robin
09:30a	30	LES MILLS SPRINT	E	Tom
09:45a		LES MILLS BODYPUMP	C	July
10:00a		LES MILLS RPM	E	Tom
10:00a		Yin Yoga	D	Ginny
10:45a		Zumba®	C	Shun
11:00a	75	Vinyasa Flow Extended	D	Maggie
11:30a	30	LES MILLS SPRINT	E	Suzanne
11:45a	45	Basic Conditioning - Ages 8+	C	Lillian
12:30p	30	LES MILLS BORN TO MOVE 4-5	D	Danielle
12:30p		STRONG®	C	Shun
01:00p	30	LES MILLS BORN TO MOVE 6-7	D	Danielle
01:30p	30	LES MILLS BORN TO MOVE 8-12	D	Danielle
02:00p		POP Pilates	D	Lillian
03:15p	45	Family Cycle	E	Lillian

B = Studio B	C = Studio C	D = Studio D	E = Studio E	ALP = Outdoor Adult Lap Pool
ILP = Indoor Lap Pool	IRP = Indoor Rec Pool	VK = VillaKids Activity 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

Not all classes are offered at each location – Please check the local schedule for offerings.

## Advanced Yoga

Taking poses to a deeper level through twisting, inversions, and balance challenges. These poses will enable growth in strength, flexibility, range of motion and balance.

## Aqua Athletics

Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.

## Aqua Barre

Classic ballet concepts using the water as resistance. Focus on alignment, core strength and coordination.

## Aqua Pilates

Traditional Pilates in combination with the natural resistance of water and use of props to build core strength and aid in proper body alignment.

## Aqua Zumba®

Blends the Zumba® formula and philosophy with traditional aqua fitness disciplines in a safe, challenging, water-based workout.

## Athletic Conditioning

Intervals, circuits, obstacle courses, BOSU and endurance games to train the entire body.

## Baby Yoga (ages 6 weeks to crawling)

Unique poses designed to enhance your baby's development. Each class is filled with nurturing and calming ways to bond baby and parent.

## Basic Conditioning (ages 8+)

Designed for adults and youth, this circuit style workout changes from week to week. Increase your athletic skill and fitness for everyday life. This class is for any level of fitness. (Ages 10 - 12 require adult sign-in and sign-out)

## Barre

Not just for dancers! Based on classical ballet concepts, this class will focus on movement, alignment, core strength, coordination, building and lengthening of muscles and balance. This class will tone the entire body with ballet bars, light weights and props.

## Begin to Run

This class is designed to get new runners and walkers out of their comfort zones with indoor and outdoor workouts.

## Begin to Cycle

Beginners will learn proper bike setup and terminology and enjoy a great cardio workout.

## BODYATTACK™ (a LES MILLS™ class)

A sports-inspired cardio workout for strength and stamina. For the weekend athlete to the hard-core competitor!

## BODYCOMBAT™ (a LES MILLS™ class)

A non contact, martial arts based class with moves from karate, Taekwondo, kung fu, kickboxing, Muay Thai and tai chi.

## BODYFLOW™ (a LES MILLS™ class)

The yoga, tai chi and Pilates workout that leaves you feeling long, strong, centered and calm.

## BODYJAM™ (a LES MILLS™ class)

Cardio fun set to the latest music and greatest dance moves. Burn calories while increasing your fitness level and learn to dance better.

## BODYPUMP™ (a LES MILLS™ class)

The ultimate resistance training class that combines movement with a specially designed barbell system

## BODYSTEP™ (a LES MILLS™ class)

An energizing step workout using an adjustable step and simple movements.

## BORN TO MOVE™ (a LES MILLS™ class)

An exercise program that combines music and movement to motivate kids and inspire a lifelong love of movement.

Ages 2 - 3 and 4 - 5

Imagination, exploration, music and movement

Ages 6 - 7

Playful movement, music and games

Ages 8 - 12

Dynamic games, movement and music

## Cardio Step and Sculpt

Perform movements on and off a step platform, with or without risers. This class consists of choreography patterns with intensity levels determined by speed and travel.

## CXWORX™ (a Les Mills™ class)

A short, sharp core workout that'll inspire you to the next level of fitness, while strengthening and toning your body.

## Exercise for Tots (crawling to 24 mos.)

Crawlers and walkers have a lot of energy, so let's teach them to use it. We engage in activities while standing, walking, sitting and jumping.

## Exercise for Tykes (ages 2-4 years)

Toddler-friendly activities with songs, stories and games designed to improve motor skills and attention span. A class for you and your child.

## Family Conditioning (ages 6+)

Play games and sweat together in cardio and strength circuits. Increase your fitness level together as a family!

## Family Cycle

Geared to all levels, including YOUR KIDS! Learn safety, setup, and proper cycle etiquette. Bring the family for a great workout. (Children must be able to comfortably reach the pedals.)

## Family Yoga (ages 5+)

Yoga for your family! An empowering session to bond with your family. A light and inviting atmosphere to stretch and strengthen mind and body together. All families welcome.

## Gentle Aqua

Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics.

## Gentle Stretches and Balance

This class focuses on flexibility and range of motion through basic gentle stretches while standing and laying on the mat. Basic balance exercises are done to promote body awareness, coordination and strength.

## Gentle Yoga

A great workout without putting unnecessary strain on your body, modifying standard yoga poses and maintaining a relaxed pace. Achieve focus and balance, and center yourself.

## Group Cycle

A cardio workout performed on a stationary bike based on cycling principles. Classes focus on cadence, heart-rate zones, drills, climbs and sprints for an unpredictable, challenging ride.

## Hip Hop Fusion

A super fun dance class with a hip hop focus! Easy to follow choreography for all levels.

## Kids Yoga (ages 3 - 7)

This class teaches concentration, relaxation and compassion. Each class will have a theme to excite and motivate.

## LM TONE (a LES MILLS™ class)

Burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

## Low Impact Workout

Combines cardio, strength, balance and coordination for the beginner athlete in YOU! Fun yet challenging moves to increase fitness level.

## Mat Pilates

An innovative system of mind/body exercise based on the principles of Joseph Pilates, which teach body awareness and good posture, and increase core strength, flexibility and agility.

## Open Cycle & Studio

Drop in for a non-instruction cycle, practice your dance steps, or focus on body-weight exercises. Audio and studio equipment not available.

## PiYo™

Combines Pilates, yoga, strength conditioning, flexibility, and dynamic balance. PiYo is an up-tempo approach to mind/body exercise.

## POP Pilates

A total body, equipment-free workout combines total body Pilates exercises with the attitude of choreographed dance and the energy of music, sculpts a solid core and lean dancer's body.

## POUND®

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

## POUND® Kids (ages 5 - 12)

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

## Power Aqua

This class will focus on core development with deep-water exercises and resistance training and combines elements of interval and endurance training.

## Power Yoga

Synchronous breathing with strong, flowing movement for a high energy, vigorous cardiovascular workout.

## Restorative Yoga

A relaxing and gentle form of yoga designed to reduce/relieve stress, create flexibility, and calm the mind and body.

## RPM™ (a LES MILLS™ class)

The indoor cycling workout to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

## Run Conditioning

For new runners or those looking to increase endurance, speed, agility, strength and to decrease chances of injury. Run an average of 3-6 miles per class and some light load strength training. All levels welcome and participants may run at their own pace.

## Run Club (Seasonal in some locations)

Runners of all levels are welcome to join for a group run. The course will be pre-planned and staff-led. Meet at the Fitness Advice Center regardless of weather conditions.

## SH'BAM™ (a LES MILLS™ class)

A fun insanely addictive dance workout with an ego-free zone – no dance experience required!

## Cycle & Sculpt

A cardio workout on a stationary bike and combined with floor exercises. Cycling, strength exercises, intervals and core training are combined for this total body workout.

## SPRINT™ (a Les Mills™ class)

A 30-minute workout, using an indoor bike to achieve fast results. Featuring bursts of intensity, followed by periods of rest.

## Tai Chi

A series of movements performed in a slow, focused manner and accompanied by deep breathing. This ancient form of martial arts improves balance, agility, strength, and coordination.

## Tween Cycle (ages 8 - 12)

Come ride to the rhythm of your favorite songs, play games on the bike and make new friends while you exercise!

## U-JAM Fitness®

This class unites world beats with urban flavor. Easy to learn dance steps choreographed to high energy music that makes you sweat and tone!

## Vinyasa Yoga

Poses are cued in modified, full, and extended versions for all skill levels. Gain strength, flexibility, balance and range of motion.

## Yin Yoga

Designed to work deep within the connective tissue to increase joint mobility and release stress while holding poses for longer periods.

## Yoga and Meditation

Find balance and ease the mind in this class designed for any student seeking stress reduction. Learn proper posture, breathing and how to calm your mind.

## Yoga Sculpt

A combination of Flow Yoga, music, and energy, amplified with the use of weights. Sweat and sculpt your way to a new level of flexibility and strength.

## Youth Hip Hop (ages 8+)

This high-energy class teaches the fundamentals of hip-hop movement. Learn flexibility exercises, isolations, rhythms, memorize choreography, and footwork.

## Zumba®

Move and shake your hips while burning calories and having a blast! Zumba® is different, fun, and composed of energetic rhythms that help your body move to the beat!

## Zumba® Gold

It's just as much fun as Zumba, just not as fast! Zumba Gold utilizes the same Latin styles of music and dance allows you to learn the steps.

## Zumba Kids® (ages 4-6, 7-12)

Designed exclusively for kids, a high-energy class packed with specially-choreographed, kid-friendly routines and music.

## Zumba® Toning

Combines targeted body-sculpting exercises and high energy cardio with Latin-infused Zumba® moves to create a calorie torching, strength training dance fitness party.

## LES MILLS BARRE™

A modern version of classic balletic training; a 30 or 45-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE™ is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

## STRONG by Zumba®

A revolutionary class that syncs high intensity cardio and conditioning moves to music to create an optimal total body hit workout.