

Monday			
05:30a		Group Cycle	E Hiep
05:45a		BODYATTACK®	C Shyamali
07:00a		POP Pilates	D Lillian
08:45a	30	CXWORX®	C Hanna
09:00a		Mat Pilates	D Carolina
09:15a	30	BODYATTACK® 30	C Hanna
09:45a		Low Impact Workout	C Ginny
10:00a		Barre	D Kimi
10:45a		Zumba®	C Rosario
11:00a	30	BORN TO MOVE® 2-3	D Danielle
11:15a		Gentle Aqua	IRP Claire
11:45a		BODYPUMP®	C Aida
12:00p		Vinyasa Flow	D Maggie
01:00p		Tai Chi	D Jeffery
05:00p		BODYFLOW®	D Eric
05:15p	30	LES MILLS GRIT® CARDIO	C Jenny
05:45p		BODYPUMP®	C Jenny
06:00p		Yoga Sculpt	D Stephanie
06:15p	45	Basic Conditioning - Ages 8+	VKC Lillian
06:30p		Cycle & Sculpt	E Linda
06:45p		Zumba®	C Simeon
07:00p		Barre	D Carolina
07:30p		Aqua Zumba®	ALP Rosa
07:45p		BombayJam®	C Percy
08:00p		Gentle Yoga	D Nguyen
Thursday			
05:45a		BODYPUMP®	C Jennifer
08:00a		Power Yoga	D Maggie
09:00a		Barre	D Allie
09:45a	30	CXWORX®	C Kimi
10:00a		Tai Chi	D Yun
10:15a	30	LES MILLS BARRE™	C Kimi
10:45a		Zumba®	C Alice
11:45a		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		BODYFLOW®	D Hanna
05:30p	30	Zumba® Kids (7-12)	VK Rosa
05:45p		BODYPUMP®	C Eric
06:00p		Yin Yoga	D Ginny
06:30p	30	LES MILLS SPRINT™	E Lulu
06:45p		BODYCOMBAT®	C Karen
07:00p	30	Pound® for Kids (5-12)	VK Marylou
07:00p		Group Cycle	E Lulu
07:00p		Mat Pilates	D Carolina
07:45p		BombayJam®	C Percy
08:00p		Restorative Yoga	D Barani
08:45p		Zumba®	C Mona

Tuesday			
05:45a		BODYPUMP®	C Jennifer
08:00a		Power Yoga	D Ginny
08:45a	30	CXWORX®	C Kimi
09:00a		Yoga Sculpt	D Andrea
09:15a	30	BODYSTEP® 30	C Kimi
09:15a		Aqua Athletics	ILP Fernanda
09:45a		U-Jam®	C Mary Ann
10:00a		Tai Chi	D Chuanwang
10:45a	45	LES MILLS TONE™	C Kimi
11:45a		BombayJam®	C Nelli
12:00p		Vinyasa Flow	D Andrea
12:15p		Gentle Aqua	IRP Claire
05:00p		BODYFLOW®	D Hanna
05:15p	30	BODYSTEP® 30	C Robin
05:30p	30	Zumba® Kids Jr. (4-6)	VK Rosa
05:45p	30	CXWORX®	C Robin
05:45p	45	Begin to Cycle	E Linda
06:00p	30	Zumba® Kids (7-12)	VK Rosa
06:00p		Advanced Yoga	D Maggie
06:15p	45	BODYCOMBAT® 45	C Michelle
06:30p		Group Cycle	E Linda
07:00p	45	BODYPUMP® 45	C Becky
07:00p		Gentle Yoga	D Maggie
07:30p		RPM®	E Lulu
07:45p		POP Pilates	C Lillian
08:00p		Vinyasa Flow	D Maggie
08:45p		Zumba®	C David
Friday			
05:30a		Group Cycle	E Hiep
05:45a	75	Vinyasa Flow Extended	D Jennifer
08:00a		Gentle Yoga	D Nguyen
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		BODYFLOW®	D Veronica
10:45a	45	LES MILLS TONE™	C Carolina
11:00a	30	BORN TO MOVE® 2-3	D Danielle
12:00p		Tai Chi	D Jeffery
12:45p		BODYPUMP®	C Kimi
05:30p		Family Yoga 5+	D Stephanie
05:45p		Zumba®	C Biha
06:45p		U-Jam®	C Dominique, Mary Ann

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

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	VKC = VillaKids Court		

- 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 minutes)

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

## 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.

## 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.