

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, Pamela
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	Krysten
06:30p	Cycle & Sculpt	E	Linda
06:45p	Hip Hop Fusion	C	Fritzi Broese
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
10:30a	Group Cycle	E	Gay
10:45a	Zumba®	C	Alice
11:30a	30 Baby Yoga	D	Allie
11:45a	BODYPUMP®	C	Aida
12:00p	Vinyasa Flow	D	Allie
12:15p	Gentle Aqua	IRP	Claire, Lillian
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	Michelle
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
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	30 LES MILLS SPRINT™	E	Lulu
07:30p	Aqua Athletics	ALP	Pamela
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	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	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
04:45p	30 BODYATTACK® 30	C	Aida
05:15p	30 CXWORX®	C	Aida
05:30p	Family Yoga 5+	D	Stephanie
05:45p	Zumba®	C	Rosario
06:45p	U-Jam®	C	Amy

Wednesday			
05:45a	Strength & Conditioning	C	Brenden
08:00a	BODYFLOW®	D	Carolina
08:45a	Strength & Conditioning	C	Lillian
09:00a	Vinyasa Flow	D	Prashant
09:15a	Aqua Athletics	ILP	Fernanda
09:45a	BODYCOMBAT®	C	Kimi
10:00a	Power Yoga	D	Nguyen
10:45a	Zumba®	C	Rathika
11:00a	Tai Chi	D	Jeffery
11:45a	Low Impact Workout	C	Ginny
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	Rosa
07:00p	Power Yoga	D	Nguyen
07:30p	Aqua Athletics	ALP	Claire, Pamela
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
09:15a	Aqua Athletics	ALP	Pamela
09:30a	30 LES MILLS SPRINT™	E	Lulu
09:45a	45 BODYPUMP® 45	C	Becky
10:00a	Mat Pilates	D	Alexis
10:00a	RPM®	E	Lulu
10:30a	45 BODYSTEP®	C	Becky
11:00a	Tai Chi	D	Jeffery
11:15a	60 U-Jam®	C	Mary
11:30a	45 Family Cycle	E	Lulu
12:15p	30 Pound® 30	C	Mary
12:45p	Strength & Conditioning	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.