

| Monday |    |                        |               |
|--------|----|------------------------|---------------|
| 05:30a |    | BODYPUMP®              | A Veronica    |
| 05:30a |    | Group Cycle            | B Mindy       |
| 06:30a | 30 | LES MILLS SPRINT™      | B Teresa      |
| 07:30a | 45 | Low-Impact Workout     | CR Stephanie  |
| 08:15a | 45 | Barre                  | CR Katy       |
| 08:15a | 45 | Mat Pilates            | C Kirsten     |
| 08:15a |    | BODYPUMP®              | A Tammy       |
| 09:00a | 45 | Cardio Step and Sculpt | CR Kirsten    |
| 09:00a |    | Aqua Athletics         | ORP Stephanie |
| 09:00a |    | Gentle Yoga            | C Nuchapan    |
| 09:00a |    | Group Cycle            | B Sarah G P   |
| 09:15a |    | BODYPUMP®              | A Susan D.    |
| 10:00a |    | Athletic Conditioning  | CR Katie      |
| 10:00a |    | PiYo                   | C Andrea      |
| 10:30a | 45 | Begin to Cycle         | B Susan D.    |
| 10:30a | 45 | Zumba                  | A Jacob       |
| 11:00a | 45 | Aqua Zumba             | IRP Mitsi     |
| 11:00a |    | BODYCOMBAT®            | CR Jodie      |
| 11:00a |    | Vinyasa Flow           | C Tiffany     |
| 11:15a | 30 | LES MILLS SPRINT™      | B Stacey K.   |
| 11:15a | 45 | Zumba                  | A Viry        |
| 12:00p | 30 | CXWORX®                | CR Stacey K.  |
| 12:00p | 45 | LES MILLS BARRE™       | C Tiffany     |
| 12:00p |    | BODYPUMP®              | A Trish       |
| 01:00p | 90 | Vinyasa Flow Extended  | C Susan G.    |
| 04:15p | 45 | Family Yoga            | C Bernadette  |
| 04:30p |    | BODYCOMBAT®            | A Jinn        |
| 05:15p | 45 | POP Pilates            | C Erin        |
| 05:30p | 45 | BORN TO MOVE® 8-12     | VKA Ashley    |
| 05:30p |    | BODYPUMP®              | A Marie       |
| 05:30p |    | Group Cycle            | B Jennifer    |
| 05:45p |    | Barre                  | CR Beth S.    |
| 06:00p |    | Power Yoga             | C Tiffany     |
| 06:30p | 30 | LES MILLS SPRINT™      | B Morris      |
| 06:30p | 45 | Hip-Hop Fusion         | A Paul        |
| 06:30p |    | Aqua Athletics         | ORP Tania     |

| Thursday |    |                        |              |
|----------|----|------------------------|--------------|
| 05:30a   |    | BODYCOMBAT®            | A Todd       |
| 05:30a   |    | Group Cycle            | B Mindy      |
| 05:45a   | 30 | CXWORX®                | C Marcy      |
| 06:30a   | 30 | LES MILLS SPRINT™      | B Jodie      |
| 08:00a   | 45 | Mat Pilates            | CR Kirsten   |
| 08:15a   |    | BODYPUMP®              | A Susan D.   |
| 08:30a   | 30 | CXWORX®                | C Jodie      |
| 08:45a   | 45 | Cardio Step and Sculpt | CR Kirsten   |
| 09:00a   |    | Aqua Athletics         | ORP Angelika |
| 09:00a   |    | BODYCOMBAT®            | C Jodie      |
| 09:00a   |    | Group Cycle            | B Kerri      |
| 09:15a   |    | BODYPUMP®              | A Tammy      |
| 09:30a   |    | Barre                  | CR Amy       |
| 10:00a   | 45 | RPM®                   | B Mariana    |
| 10:00a   |    | BODYFLOW®              | C Susan D.   |
| 10:15a   |    | BODYPUMP®              | A Felicia    |
| 10:30a   | 45 | Stretch and Balance    | CR Amy       |
| 11:00a   | 30 | LES MILLS SPRINT™      | B Tammy      |
| 11:00a   | 45 | Aqua Zumba             | IRP Mitsi    |
| 11:00a   |    | Vinyasa Flow           | C Tiffany    |
| 11:15a   | 45 | Zumba Toning           | A Viry       |
| 11:30a   | 30 | CXWORX®                | CR Trish     |
| 12:00p   | 45 | LES MILLS BARRE™       | CR Andrea    |
| 12:00p   |    | Mat Pilates            | C Tiffany    |
| 01:00p   | 75 | Gentle Yoga Extended   | C Nuchapan   |
| 04:30p   |    | BODYPUMP®              | A Jinn       |
| 04:45p   | 30 | BORN TO MOVE® 4-5      | VKA Erin     |
| 05:30p   | 45 | Hip-Hop Fusion         | CR Paul      |
| 05:30p   | 45 | RPM®                   | B Teresa     |
| 05:30p   |    | Athletic Conditioning  | A Jeri       |
| 05:30p   | 90 | Vinyasa Flow Extended  | C Susan G.   |
| 06:15p   |    | POP Pilates            | CR Sarah     |
| 06:30p   | 30 | LES MILLS SPRINT™      | B Teresa     |
| 06:30p   |    | BODYPUMP®              | A Natalie    |
| 07:00p   |    | Restorative Yoga       | C Susan G.   |
| 07:15p   | 45 | Barre                  | CR Anna      |

|                              |                             |                               |                          |                  |
|------------------------------|-----------------------------|-------------------------------|--------------------------|------------------|
| A = Studio A                 | B = Studio B                | C = Studio C                  | CR = Club Room           | FL = Front Lobby |
| IRP = Indoor Recreation Pool | ORP = Outdoor Rec Pool Area | ORP = Outdoor Recreation Pool | VKA = VillaKids Studio A |                  |

- 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.

| Tuesday |    |                       |     |           |
|---------|----|-----------------------|-----|-----------|
| 05:30a  |    | BODYCOMBAT®           | A   | Todd      |
| 05:30a  |    | Group Cycle           | B   | Robin     |
| 05:45a  | 30 | CXWORX®               | C   | Marcy     |
| 06:30a  | 30 | LES MILLS SPRINT™     | B   | Veronica  |
| 08:15a  |    | BODYPUMP®             | A   | Susan D.  |
| 08:30a  | 30 | CXWORX®               | C   | Jodie     |
| 08:30a  |    | Barre                 | CR  | Katy      |
| 09:00a  |    | Aqua Athletics        | ORP | Angelika  |
| 09:00a  |    | BODYCOMBAT®           | C   | Jodie     |
| 09:00a  |    | Group Cycle           | B   | Kerri     |
| 09:15a  |    | BODYPUMP®             | A   | Tammy     |
| 09:30a  |    | Zumba                 | CR  | Mitsi     |
| 10:00a  | 45 | RPM®                  | B   | Mariana   |
| 10:15a  |    | BODYPUMP®             | A   | Stacey C. |
| 10:15a  |    | PiYo                  | C   | Sarah     |
| 10:30a  |    | Mat Pilates           | CR  | Amy       |
| 11:00a  | 30 | LES MILLS SPRINT™     | B   | Marcy     |
| 11:15a  | 45 | Zumba                 | A   | Jacob     |
| 11:30a  | 30 | CXWORX®               | C   | Tiffany   |
| 11:30a  | 45 | Stretch and Balance   | CR  | Amy       |
| 12:00p  | 30 | Group Cycle Express   | B   | Meghan    |
| 12:00p  |    | Vinyasa Flow          | C   | Tiffany   |
| 01:00p  | 75 | Gentle Yoga Extended  | C   | Nuchapan  |
| 04:30p  |    | BODYPUMP®             | A   | Trish     |
| 05:30p  |    | Athletic Conditioning | A   | Jeri      |
| 05:30p  |    | Gentle Yoga           | C   | Mariangel |
| 05:30p  |    | Hip-Hop Fusion        | CR  | Paul      |
| 05:45p  | 30 | LES MILLS SPRINT™     | B   | Teresa    |
| 06:30p  | 30 | BODYATTACK®           | CR  | Teresa    |
| 06:30p  | 45 | RPM®                  | B   | Jennifer  |
| 06:30p  |    | Aqua Pilates          | ORP | Tania     |
| 06:30p  |    | BODYPUMP®             | A   | Natalie   |
| 06:30p  |    | Vinyasa Flow          | C   | Mariangel |
| 07:00p  | 30 | CXWORX®               | CR  | Teresa    |
| 07:30p  |    | BODYJAM®              | A   | Maureen   |

| Friday |    |                        |     |                 |
|--------|----|------------------------|-----|-----------------|
| 05:30a |    | BODYPUMP®              | A   | Marcy, Veronica |
| 05:30a |    | Group Cycle            | B   | Dana, Robin     |
| 06:30a | 30 | LES MILLS SPRINT™      | B   | Jodie           |
| 07:30a | 45 | Low-Impact Workout     | CR  | Stephanie       |
| 08:15a | 45 | Cardio Step and Sculpt | CR  | Kirsten         |
| 08:15a | 45 | Mat Pilates            | C   | Angelika        |
| 08:15a |    | BODYPUMP®              | A   | Marcy, Trish    |
| 09:00a |    | Aqua Athletics         | ORP | Angelika        |
| 09:00a |    | Athletic Conditioning  | C   | Katie           |
| 09:00a |    | Mat Pilates            | CR  | Kirsten         |
| 09:15a |    | BODYPUMP®              | A   | Tammy           |
| 09:30a |    | Group Cycle            | B   | Marie           |
| 09:30a |    | Run Club               | FL  | Sarah G P       |
| 10:00a |    | Barre                  | CR  | Katy            |
| 10:00a |    | Vinyasa Flow           | C   | Tiffany         |
| 10:15a | 45 | LES MILLS TONE™        | A   | Sarah           |
| 11:00a | 45 | Low-Impact Workout     | CR  | Anna            |
| 11:00a |    | PiYo                   | C   | Andrea          |
| 11:15a | 30 | LES MILLS SPRINT™      | B   | Stacey K.       |
| 11:15a | 45 | Zumba                  | A   | Viry            |
| 12:00p | 30 | CXWORX®                | CR  | Stacey K.       |
| 12:00p |    | BODYPUMP®              | A   | Susan D.        |
| 12:00p |    | Gentle Yoga            | C   | Susan G.        |
| 01:00p |    | Yin Yoga               | C   | Susan G.        |
| 04:30p |    | BODYCOMBAT®            | A   | Jinn            |
| 04:45p | 30 | CXWORX®                | CR  | Erika           |
| 05:30p |    | BODYPUMP®              | A   | Vanessa         |
| 05:30p |    | Hip-Hop Fusion         | CR  | Paul            |
| 06:30p |    | Gentle Yoga            | C   | Mariangel       |

| Wednesday |    |                       |     |           |
|-----------|----|-----------------------|-----|-----------|
| 05:30a    | 45 | BODYPUMP®             | A   | Marcy     |
| 05:30a    |    | Group Cycle           | B   | Dana      |
| 06:30a    | 30 | LES MILLS SPRINT™     | B   | Jodie     |
| 08:15a    | 45 | BODYPUMP®             | A   | Jodie     |
| 08:15a    | 45 | Mat Pilates           | C   | Kirsten   |
| 08:30a    |    | Barre                 | CR  | Amy       |
| 09:00a    | 45 | RPM®                  | B   | Megan     |
| 09:00a    |    | Aqua Barre            | ORP | Anna      |
| 09:00a    |    | PiYo                  | C   | Katie     |
| 09:15a    |    | Athletic Conditioning | A   | Amanda    |
| 09:30a    | 30 | CXWORX®               | CR  | Marcy     |
| 09:30a    |    | Run Club              | FL  | Sarah G P |
| 10:00a    | 45 | LES MILLS TONE™       | CR  | Stacey C. |
| 10:00a    |    | Group Cycle           | B   | Megan     |
| 10:00a    |    | Mat Pilates           | C   | Angelika  |
| 10:15a    |    | Zumba                 | A   | Maricela  |
| 10:30a    | 30 | BORN TO MOVE® 2-3     | VKA | Mitsi     |
| 11:00a    | 30 | BODYCOMBAT® 30        | CR  | Bethany   |
| 11:00a    |    | POP Pilates           | C   | Sarah     |
| 11:15a    | 30 | LES MILLS SPRINT™     | B   | Trish     |
| 11:15a    | 45 | Zumba Gold            | A   | Mitsi     |
| 11:30a    | 30 | CXWORX®               | CR  | Stacey K. |
| 12:00p    |    | Barre                 | CR  | Anna      |
| 12:00p    |    | BODYPUMP®             | A   | Susan D.  |
| 12:00p    |    | Gentle Yoga           | C   | Amy       |
| 01:00p    |    | Yin Yoga              | C   | Amy       |
| 04:15p    |    | Gentle Yoga           | C   | Nuchapan  |
| 04:30p    |    | BODYCOMBAT®           | A   | Jinn      |
| 05:30p    | 45 | BORN TO MOVE® 6-7     | VKA | Beth K.   |
| 05:30p    |    | Barre                 | CR  | Anna      |
| 05:30p    |    | BODYPUMP®             | A   | Teresa    |
| 05:30p    |    | Group Cycle           | B   | Jennifer  |
| 05:30p    |    | Vinyasa Flow          | C   | Tiffany   |
| 06:30p    | 30 | CXWORX®               | C   | Vanessa   |
| 06:30p    | 30 | LES MILLS SPRINT™     | B   | Morris    |
| 06:30p    |    | Aqua Athletics        | ORP | Micki     |
| 06:30p    |    | Zumba                 | A   | Doris     |

| Saturday |    |                          |     |           |
|----------|----|--------------------------|-----|-----------|
| 07:30a   | 75 | Group Cycle              | B   | Megan     |
| 08:00a   |    | Run Club                 | FL  | Stephen   |
| 08:15a   |    | BODYPUMP®                | A   | Teresa    |
| 08:30a   |    | BODYCOMBAT®              | CR  | Bethany   |
| 09:00a   | 30 | LES MILLS SPRINT™        | B   | Tammy     |
| 09:00a   |    | Aqua Athletics           | ORP | Micki     |
| 09:00a   |    | BODYFLOW®                | C   | Susan D.  |
| 09:15a   |    | BODYPUMP®                | A   | Jodie     |
| 09:30a   |    | Group Cycle              | B   | Meghan    |
| 09:45a   | 30 | CXWORX®                  | CR  | Stephani  |
| 10:00a   | 30 | Zumba Kids 4-6           | VKA | Beth K.   |
| 10:00a   |    | Vinyasa Flow             | C   | Angelika  |
| 10:15a   |    | BODYCOMBAT®              | A   | Jodie     |
| 10:15a   |    | BODYJAM®                 | CR  | Maureen   |
| 10:30a   | 30 | LES MILLS SPRINT™        | B   | Stephani  |
| 10:30a   | 30 | Zumba Kids 7-12          | VKA | Beth K.   |
| 11:00a   |    | Mat Pilates              | C   | Angelika  |
| 11:15a   | 45 | Zumba                    | A   | Erika     |
| 11:30a   |    | Barre                    | CR  | Katy      |
| 12:00p   | 30 | LES MILLS GRIT® STRENGTH | A   | Caroline  |
| 12:00p   | 45 | RPM®                     | B   | Jennifer  |
| 12:30p   | 30 | LES MILLS GRIT® CARDIO   | A   | Caroline  |
| 01:00p   |    | Family Yoga              | C   | Mariangel |
| 04:00p   |    | BODYPUMP®                | A   | Teresa    |

| Sunday |    |                          |    |                       |
|--------|----|--------------------------|----|-----------------------|
| 09:15a |    | BODYPUMP®                | A  | Veronica              |
| 10:00a |    | Zumba                    | C  | Doris, Maricela       |
| 10:15a | 30 | CXWORX®                  | CR | Jinn                  |
| 10:15a | 30 | LES MILLS SPRINT™        | B  | Jodie                 |
| 10:15a |    | BODYPUMP®                | A  | Tammy                 |
| 11:00a |    | Barre                    | CR | Beth S.               |
| 11:00a |    | BODYCOMBAT®              | C  | Jinn                  |
| 11:15a | 30 | LES MILLS GRIT® ATHLETIC | A  | Teresa                |
| 11:45a | 30 | LES MILLS GRIT® STRENGTH | A  | Teresa                |
| 12:00p |    | PiYo                     | C  | Kerri, Sarah          |
| 12:30p | 30 | CXWORX®                  | A  | Teresa                |
| 12:30p | 45 | Family Cycle             | B  | Jennifer              |
| 01:15p |    | Vinyasa Flow             | C  | Bernadette, Mariangel |
| 02:15p |    | Gentle Yoga              | C  | Bernadette, Mariangel |
| 03:15p |    | Restorative Yoga         | C  | Bernadette, Mariangel |

- Open Studio: Studios A, B, C and E available for member use when class is not in session.



| Monday |    |                        |              |
|--------|----|------------------------|--------------|
| 05:30a |    | BODYPUMP®              | A Veronica   |
| 05:30a |    | Group Cycle            | B Mindy      |
| 06:30a | 30 | LES MILLS SPRINT™      | B Teresa     |
| 07:30a | 45 | Low-Impact Workout     | CR Stephanie |
| 08:15a | 45 | Barre                  | CR Katy      |
| 08:15a | 45 | Mat Pilates            | C Kirsten    |
| 08:15a |    | BODYPUMP®              | A Chelsea    |
| 09:00a | 45 | Cardio Step and Sculpt | CR Kirsten   |
| 09:00a |    | Aqua Barre             | ORP Anna     |
| 09:00a |    | Gentle Yoga            | C Nuchapan   |
| 09:00a |    | Group Cycle            | B Sarah G P  |
| 09:15a |    | BODYPUMP®              | A Tammy      |
| 10:00a |    | Athletic Conditioning  | CR Katie     |
| 10:00a |    | PiYo                   | C Andrea     |
| 10:30a | 45 | Begin to Cycle         | B Sarah G P  |
| 10:30a | 45 | Zumba                  | A Jacob      |
| 11:00a | 45 | Aqua Zumba             | IRP Mitsi    |
| 11:00a |    | BODYCOMBAT®            | CR Jodie     |
| 11:00a |    | Vinyasa Flow           | C Tiffany    |
| 11:15a | 30 | LES MILLS SPRINT™      | B Stacey K.  |
| 11:15a | 45 | Zumba                  | A Viry       |
| 12:00p | 30 | CXWORX®                | CR Stacey K. |
| 12:00p | 45 | LES MILLS BARRE™       | C Tiffany    |
| 12:00p |    | BODYPUMP®              | A Trish      |
| 01:00p | 75 | Vinyasa Flow 75        | C Susan G.   |
| 04:15p | 45 | Family Yoga            | C Bernadette |
| 04:30p |    | BODYCOMBAT®            | A Jinn       |
| 05:15p | 45 | POP Pilates            | C Erin       |
| 05:30p | 45 | BORN TO MOVE® 8-12     | VKA Ashley   |
| 05:30p |    | BODYPUMP®              | A Marie      |
| 05:30p |    | Group Cycle            | B Jennifer   |
| 05:45p |    | Barre                  | CR Beth S.   |
| 06:00p |    | Power Yoga             | C Tiffany    |
| 06:30p | 30 | LES MILLS SPRINT™      | B Morris     |
| 06:30p | 45 | Hip-Hop Fusion         | A Paul       |
| 06:30p |    | Aqua Athletics         | ORP Tania    |

| Thursday |    |                          |              |
|----------|----|--------------------------|--------------|
| 05:30a   |    | BODYCOMBAT®              | A Todd       |
| 05:30a   |    | Group Cycle              | B Mindy      |
| 05:45a   | 30 | CXWORX®                  | C Marcy      |
| 06:30a   | 30 | LES MILLS SPRINT™        | B Jodie      |
| 08:00a   | 45 | Mat Pilates              | CR Kirsten   |
| 08:15a   |    | BODYPUMP®                | A Susan D.   |
| 08:30a   | 30 | CXWORX®                  | C Jodie      |
| 08:45a   | 45 | Cardio Step and Sculpt   | CR Kirsten   |
| 09:00a   |    | Aqua Athletics           | ORP Angelika |
| 09:00a   |    | BODYCOMBAT®              | C Jodie      |
| 09:00a   |    | Group Cycle              | B Kerri      |
| 09:15a   |    | BODYPUMP®                | A Tammy      |
| 09:30a   |    | Barre                    | CR Amy       |
| 10:00a   | 45 | RPM®                     | B Mariana    |
| 10:00a   |    | BODYFLOW®                | C Susan D.   |
| 10:15a   |    | BODYPUMP®                | A Felicia    |
| 10:30a   | 45 | Stretch and Balance      | CR Amy       |
| 11:00a   | 30 | LES MILLS SPRINT™        | B Tammy      |
| 11:00a   | 45 | Aqua Zumba               | IRP Mitsi    |
| 11:00a   |    | Vinyasa Flow             | C Tiffany    |
| 11:15a   | 45 | Zumba Toning             | A Viry       |
| 11:30a   | 30 | CXWORX®                  | CR Trish     |
| 12:00p   | 30 | LES MILLS GRIT® STRENGTH | A Tammy      |
| 12:00p   | 45 | LES MILLS BARRE™         | CR Andrea    |
| 12:00p   |    | Mat Pilates              | C Tiffany    |
| 01:00p   | 75 | Gentle Yoga Extended     | C Nuchapan   |
| 04:30p   |    | BODYPUMP®                | A Jinn       |
| 04:45p   | 30 | BORN TO MOVE® 4-5        | VKA Erin     |
| 05:30p   | 45 | Hip-Hop Fusion           | CR Paul      |
| 05:30p   | 45 | RPM®                     | B Teresa     |
| 05:30p   |    | Athletic Conditioning    | A Jeri       |
| 05:30p   | 75 | Vinyasa Flow 75          | C Susan G.   |
| 06:15p   |    | POP Pilates              | CR Sarah     |
| 06:30p   | 30 | LES MILLS SPRINT™        | B Teresa     |
| 06:30p   |    | BODYPUMP®                | A Natalie    |
| 07:00p   |    | Restorative Yoga         | C Susan G.   |

|                              |                             |                               |                          |                  |
|------------------------------|-----------------------------|-------------------------------|--------------------------|------------------|
| A = Studio A                 | B = Studio B                | C = Studio C                  | CR = Club Room           | FL = Front Lobby |
| IRP = Indoor Recreation Pool | ORP = Outdoor Rec Pool Area | ORP = Outdoor Recreation Pool | VKA = VillaKids Studio A |                  |

| Tuesday |    |                        |              |  |
|---------|----|------------------------|--------------|--|
| 05:30a  |    | BODYCOMBAT®            | A Todd       |  |
| 05:30a  |    | Group Cycle            | B Robin      |  |
| 05:45a  | 30 | CXWORX®                | C Marcy      |  |
| 06:30a  | 30 | LES MILLS SPRINT™      | B Veronica   |  |
| 08:15a  |    | BODYPUMP®              | A Susan D.   |  |
| 08:30a  | 30 | CXWORX®                | C Jodie      |  |
| 08:30a  |    | Barre                  | CR Katy      |  |
| 09:00a  |    | Aqua Athletics         | ORP Angelika |  |
| 09:00a  |    | BODYCOMBAT®            | C Jodie      |  |
| 09:00a  |    | Group Cycle            | B Kerri      |  |
| 09:15a  |    | BODYPUMP®              | A Tammy      |  |
| 09:30a  |    | Zumba                  | CR Mitsi     |  |
| 10:00a  | 45 | RPM®                   | B Mariana    |  |
| 10:15a  |    | BODYPUMP®              | A Stacey C.  |  |
| 10:15a  |    | PiYo                   | C Sarah      |  |
| 10:30a  |    | Mat Pilates            | CR Amy       |  |
| 11:00a  | 30 | LES MILLS SPRINT™      | B Marcy      |  |
| 11:15a  | 45 | Zumba                  | A Jacob      |  |
| 11:30a  | 30 | CXWORX®                | C Tiffany    |  |
| 11:30a  | 45 | Stretch and Balance    | CR Amy       |  |
| 12:00p  | 30 | LES MILLS GRIT® CARDIO | A Sarah      |  |
| 12:00p  |    | Vinyasa Flow           | C Tiffany    |  |
| 01:00p  | 75 | Gentle Yoga Extended   | C Nuchapan   |  |
| 04:30p  |    | BODYPUMP®              | A Trish      |  |
| 05:30p  |    | Athletic Conditioning  | A Jeri       |  |
| 05:30p  |    | Gentle Yoga            | C Mariangel  |  |
| 05:30p  |    | Hip-Hop Fusion         | CR Paul      |  |
| 05:45p  | 30 | LES MILLS SPRINT™      | B Teresa     |  |
| 06:30p  | 30 | BODYATTACK®            | CR Teresa    |  |
| 06:30p  | 45 | RPM®                   | B Jennifer   |  |
| 06:30p  |    | Aqua Pilates           | ORP Tania    |  |
| 06:30p  |    | BODYPUMP®              | A Natalie    |  |
| 06:30p  |    | Vinyasa Flow           | C Mariangel  |  |
| 07:00p  | 30 | CXWORX®                | CR Teresa    |  |
| 07:30p  |    | BODYJAM®               | A Maureen    |  |

| Friday |    |                        |                   |  |
|--------|----|------------------------|-------------------|--|
| 05:30a |    | BODYPUMP®              | A Marcy, Veronica |  |
| 05:30a |    | Group Cycle            | B Dana, Robin     |  |
| 06:30a | 30 | LES MILLS SPRINT™      | B Jodie           |  |
| 07:30a | 45 | Low-Impact Workout     | CR Stephanie      |  |
| 08:15a | 45 | Cardio Step and Sculpt | CR Kirsten        |  |
| 08:15a | 45 | Mat Pilates            | C Angelika        |  |
| 08:15a |    | BODYPUMP®              | A Marcy, Trish    |  |
| 09:00a |    | Aqua Athletics         | ORP Angelika      |  |
| 09:00a |    | Athletic Conditioning  | C Katie           |  |
| 09:00a |    | Mat Pilates            | CR Kirsten        |  |
| 09:15a |    | BODYPUMP®              | A Tammy           |  |
| 09:30a |    | Group Cycle            | B Marie           |  |
| 09:30a |    | Run Club               | FL Sarah G P      |  |
| 10:00a |    | Barre                  | CR Katy           |  |
| 10:00a |    | Vinyasa Flow           | C Tiffany         |  |
| 10:15a | 45 | LES MILLS TONE™        | A Sarah           |  |
| 11:00a | 45 | Low-Impact Workout     | CR Anna           |  |
| 11:00a |    | PiYo                   | C Andrea          |  |
| 11:15a | 30 | LES MILLS SPRINT™      | B Stacey K.       |  |
| 11:15a | 45 | Zumba                  | A Viry            |  |
| 12:00p | 30 | CXWORX®                | CR Stacey K.      |  |
| 12:00p |    | BODYPUMP®              | A Susan D.        |  |
| 12:00p |    | Gentle Yoga            | C Susan G.        |  |
| 01:00p |    | Yin Yoga               | C Susan G.        |  |
| 04:30p |    | BODYCOMBAT®            | A Jinn            |  |
| 05:30p |    | BODYPUMP®              | A Vanessa         |  |
| 05:30p |    | Hip-Hop Fusion         | CR Paul           |  |
| 06:30p |    | Gentle Yoga            | C Mariangel       |  |

| Wednesday |    |                       |                   |  |
|-----------|----|-----------------------|-------------------|--|
| 05:30a    | 45 | BODYPUMP®             | A Marcy           |  |
| 05:30a    |    | Group Cycle           | B Dana            |  |
| 06:30a    | 30 | LES MILLS SPRINT™     | B Jodie           |  |
| 08:15a    | 45 | BODYPUMP®             | A Jodie           |  |
| 08:15a    | 45 | Mat Pilates           | C Kirsten         |  |
| 08:30a    |    | Barre                 | CR Amy            |  |
| 09:00a    | 45 | RPM®                  | B Megan           |  |
| 09:00a    |    | Aqua Barre            | ORP Anna          |  |
| 09:00a    |    | PiYo                  | C Katie           |  |
| 09:15a    |    | Athletic Conditioning | A Amanda, Chelsea |  |
| 09:30a    | 30 | CXWORX®               | CR Marcy          |  |
| 09:30a    |    | Run Club              | FL Sarah G P      |  |
| 10:00a    | 45 | LES MILLS TONE™       | CR Stacey C.      |  |
| 10:00a    |    | Group Cycle           | B Megan           |  |
| 10:00a    |    | Mat Pilates           | C Angelika        |  |
| 10:15a    |    | Zumba                 | A Maricela        |  |
| 10:30a    | 30 | BORN TO MOVE® 2-3     | VKA Mitsi         |  |
| 11:00a    | 30 | BODYCOMBAT® 30        | CR Bethany        |  |
| 11:00a    |    | POP Pilates           | C Sarah           |  |
| 11:15a    | 30 | LES MILLS SPRINT™     | B Trish           |  |
| 11:15a    | 45 | Zumba Gold            | A Mitsi           |  |
| 11:30a    | 30 | CXWORX®               | CR Stacey K.      |  |
| 12:00p    |    | Barre                 | CR Anna           |  |
| 12:00p    |    | BODYPUMP®             | A Susan D.        |  |
| 12:00p    |    | Gentle Yoga           | C Amy             |  |
| 01:00p    |    | Yin Yoga              | C Amy             |  |
| 04:15p    |    | Gentle Yoga           | C Nuchapan        |  |
| 04:30p    |    | BODYCOMBAT®           | A Jinn            |  |
| 05:30p    | 45 | BORN TO MOVE® 6-7     | VKA Beth K.       |  |
| 05:30p    |    | Barre                 | CR Anna           |  |
| 05:30p    |    | BODYPUMP®             | A Teresa          |  |
| 05:30p    |    | Group Cycle           | B Jennifer        |  |
| 05:30p    |    | Vinyasa Flow          | C Tiffany         |  |
| 06:30p    | 30 | CXWORX®               | C Vanessa         |  |
| 06:30p    | 30 | LES MILLS SPRINT™     | B Morris          |  |
| 06:30p    |    | Aqua Athletics        | ORP Micki         |  |
| 06:30p    |    | Zumba                 | A Doris           |  |

| Saturday |    |                          |             |  |
|----------|----|--------------------------|-------------|--|
| 07:30a   | 75 | Group Cycle              | B Megan     |  |
| 08:00a   |    | Run Club                 | FL Stephen  |  |
| 08:15a   |    | BODYPUMP®                | A Teresa    |  |
| 08:30a   |    | BODYCOMBAT®              | CR Bethany  |  |
| 09:00a   | 30 | LES MILLS SPRINT™        | B Tammy     |  |
| 09:00a   |    | Aqua Athletics           | ORP Micki   |  |
| 09:00a   |    | BODYFLOW®                | C Susan D.  |  |
| 09:15a   |    | BODYPUMP®                | A Jodie     |  |
| 09:30a   |    | Group Cycle              | B Meghan    |  |
| 09:45a   | 30 | CXWORX®                  | CR Stephani |  |
| 10:00a   | 30 | Zumba Kids 4-6           | VKA Beth K. |  |
| 10:00a   |    | Vinyasa Flow             | C Angelika  |  |
| 10:15a   |    | BODYCOMBAT®              | A Jodie     |  |
| 10:15a   |    | BODYJAM®                 | CR Maureen  |  |
| 10:30a   | 30 | LES MILLS SPRINT™        | B Stephani  |  |
| 10:30a   | 30 | Zumba Kids 7-12          | VKA Beth K. |  |
| 11:00a   | 45 | Group Cycle              | B Meghan    |  |
| 11:00a   |    | Mat Pilates              | C Angelika  |  |
| 11:15a   | 45 | Zumba                    | A Viry      |  |
| 11:30a   |    | Barre                    | CR Katy     |  |
| 12:00p   | 30 | LES MILLS GRIT® STRENGTH | A Caroline  |  |
| 12:00p   | 45 | RPM®                     | B Jennifer  |  |
| 12:30p   | 30 | LES MILLS GRIT® CARDIO   | A Caroline  |  |
| 01:00p   |    | Family Yoga              | C Mariangel |  |
| 04:00p   |    | BODYPUMP®                | A Teresa    |  |

| Sunday |    |                          |                         |  |
|--------|----|--------------------------|-------------------------|--|
| 09:15a |    | BODYPUMP®                | A Veronica              |  |
| 10:00a |    | Zumba                    | C Doris, Maricela       |  |
| 10:15a | 30 | CXWORX®                  | CR Jinn                 |  |
| 10:15a | 30 | LES MILLS SPRINT™        | B Jodie                 |  |
| 10:15a |    | BODYPUMP®                | A Tammy                 |  |
| 11:00a |    | Barre                    | CR Beth S.              |  |
| 11:00a |    | BODYCOMBAT®              | C Jinn                  |  |
| 11:15a | 30 | LES MILLS GRIT® ATHLETIC | A Teresa                |  |
| 11:45a | 30 | LES MILLS GRIT® STRENGTH | A Teresa                |  |
| 12:00p |    | PiYo                     | C Kerri, Sarah          |  |
| 12:30p | 30 | CXWORX®                  | A Teresa                |  |
| 12:30p | 45 | Family Cycle             | B Jennifer              |  |
| 01:15p |    | Vinyasa Flow             | C Bernadette, Mariangel |  |
| 02:15p |    | Gentle Yoga              | C Bernadette, Mariangel |  |
| 03:15p |    | Restorative Yoga         | C Bernadette, Mariangel |  |

- 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 A, B, C 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.