

Monday			
05:30a		BODYPUMP®	A Veronica
05:30a		Group Cycle	B Mindy
06:30a	30	LES MILLS SPRINT™	B Teresa
07:45a		Low-Impact Workout	E 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 Athletics	ORP Stephanie
09:00a		Gentle Yoga	C Nuchapan
09:00a		Group Cycle	B Sarah G.
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 Doris, 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.
03:30p	30	Baby Yoga	C Bernadette
04:15p	45	Family Yoga	C Bernadette
04:30p		BODYCOMBAT®	A Jinn
05:00p		POP Pilates	C Erin
05:30p	45	BORN TO MOVE® 8-12	VKA Ashley
05:30p		BODYPUMP®	A Marie
05:30p		Group Cycle	B Sarah G.
05:45p		Barre	CR Kelly
06:00p		Power Yoga	C Tiffany
06:30p	30	LES MILLS SPRINT™	B Morris
06:30p	45	Zumba	A Viry
06:30p		Aqua Athletics	ILP 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	Athletic Conditioning	CR Jeri
05:30p	45	RPM®	B Teresa
05:30p	90	Vinyasa Flow Extended	C Susan G.
05:45p	45	Zumba	A Doris
06:15p		POP Pilates	CR Sarah G.
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

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	Maricela
10:00a	45	RPM®	B	Mariana
10:15a		BODYPUMP®	A	Stacey C.
10:15a		PiYo	C	Sarah G.
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		Hip-Hop Fusion	CR	Paul
05:45p	30	LES MILLS SPRINT™	B	Teresa
05:45p		Gentle Yoga	C	Mariangel
06:30p	30	BODYATTACK®	CR	Teresa
06:30p	45	RPM®	B	Jennifer
06:30p		Aqua Pilates	ILP	Tania
06:30p		BODYPUMP®	A	Natalie
06:45p		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
07:45a		Low-Impact Workout	E	Stephanie
08:15a	45	Cardio Step and Sculpt	CR	Kirsten
08:15a	45	Mat Pilates	C	Angelika
08:15a		BODYPUMP®	A	Chelsea
09:00a		Aqua Athletics	ORP	Angelika
09:00a		Athletic Conditioning	C	Katie
09:00a		Mat Pilates	CR	Kirsten
09:00a		Run Club	FL	Sarah G.
09:15a		BODYPUMP®	A	Tammy
09:30a		Group Cycle	B	Marie
10:00a		Barre	CR	Katy
10:00a		Vinyasa Flow	C	Tiffany
10:15a	45	LES MILLS TONE™	A	Sarah G.
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	Trish
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	Chelsea
09:30a	30	CXWORX®	CR	Marcy
09:30a		Run Club	FL	Sarah G.
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 G.
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
05:00p	30	LES MILLS GRIT® CARDIO	CR	Caroline
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
06:15p	45	POUND Kids - Ages 5-12	VKA	Beth K.
06:30p	30	CXWORX®	C	Vanessa
06:30p	30	LES MILLS SPRINT™	B	Morris
06:30p		Aqua Athletics	ILP	Micki
06:45p		Hip-Hop Fusion	A	Paul
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	Kelly
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	Marie
Sunday				
09:15a		BODYPUMP®	A	Veronica
10:00a		Zumba	C	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 G.
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
03:00p		BODYATTACK®	A	Joanne, Teresa
03:15p		Restorative Yoga	C	Bernadette, Mariangel

A = Studio A	B = Studio B	C = Studio C	E = Studio E	CR = Club Room
FL = Front Lobby	ILP = Indoor Lap Pool	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.



- Open Studio: Studios A, B, C 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 sync's high intensity cardio and conditioning moves to music to create an optimal total body hit workout.